

1742

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## OBSERVATIONS

ON THE

## GOUT,

AND

## ACUTE RHEUMATISM.

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HALESWORTH : PRINTED BY T. TIPPELL,

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## THE CITY

OF  
MILAN

BY JAMES H. BREWER

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OBSERVATIONS  
ON THE  
**GOUT,**  
AND  
ACUTE RHEUMATISM ;  
CONTAINING  
AN ACCOUNT  
OF A  
SAFE, SPEEDY, AND EFFECTUAL REMEDY  
FOR THOSE DISEASES ;  
ADDRESSED TO

*Arthritic and Rheumatic Invalids,*

BY C  
C. WILSON, M. D.

Member of the Royal Medical Society  
of Edinburgh.

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SECOND EDITION, ENLARGED AND IMPROVED.

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LONDON :

PRINTED FOR THOMAS UNDERWOOD,  
NO. 32, FLEET STREET.

1817.



## PREFACE

TO THE

## SECOND EDITION.

*THE interval of about two years, which has elapsed between the publication of the former edition and the present, has made very considerable additions to the experience of the author. The sale of the Tincture, which has increased in nearly a tenfold proportion, has afforded the strongest proof of the well-merited satisfaction of the public, while the concluding paragraph of the Treatise has given rise to a correspondence (oppressive, indeed, from its extent, but highly interesting and satisfactory in its nature,) with arthritic invalids in almost*

*all parts of the kingdom; many of whom are of distinguished rank in society. A small portion of this correspondence appears under the head of Communications; and several alterations, the result of accumulated information, will be found in different parts of the Treatise. Some of the most important of these it will here be proper to notice.*

*In the former edition, the Tincture was recommended only in cases of regular gout, and the patient was advised by no means to recur to it in any of the varieties of that disorder. Enlarged experience has, however, proved, that the medicine is highly useful, as an alternative, in cases of Atonic Gout, while, in the Retrocedent, its cautious exhibition has been attended with the happiest effects. The author has therefore found it necessary, instead of prohibiting the use of the medicine in such cases, to give directions for employing it in the safest and most efficacious manner.*

*From a similar increase of experience, has resulted an important discovery as to the most proper doses of the tincture. Though no mischief has arisen where, in particular cases, the whole bottle of the tincture, containing two drams, has been administered for a dose, yet it has been found better and more efficacious to administer that quantity in divided doses; the largest dose, in no case whatever, exceeding one dram, or half the bottle. This remark has been particularly inculcated in the body of the Treatise, but it appears too interesting to the patient to be wholly unnoticed in the preface.*

*At the time when the former edition was published, the author had not come to a full decision on the merits or demerits of the Eau Medicinale. He is, however, now fully convinced of its having produced the most deleterious effects, and has therefore felt it his duty to speak of it in terms of deserved reprobation. At the same time, he has the evidence of per-*

*sons whose constitutions had suffered from taking of as many as a hundred bottles of Husson's medicine, who, after being compelled to lay that aside, and having been induced to adopt the use of the Tincture, have uniformly found an amendment in their general health, and, therefore, bear the most unsolicited and decisive testimony to the total dissimilarity of the two medicines, and the unspeakable advantages with which the Tincture has been attended.*

*I cannot conclude this preface without soliciting the attention of the public to the subject of regimen, a subject of primary importance. In proportion as a remedy is safe, speedy, and efficacious, the patient will lose his fear of the disease for which it is provided. Hence he will become negligent of regimen, and necessarily expose himself to frequent relapses. It ought, therefore, never to be forgotten, that while medicine may remove the disorder,*

*and even promote the general health of the patient, it is only when combined with a suitable regimen, and a careful avoidance of all the exciting causes of the disease, that it can ever be found successful in securing permanent recovery.*



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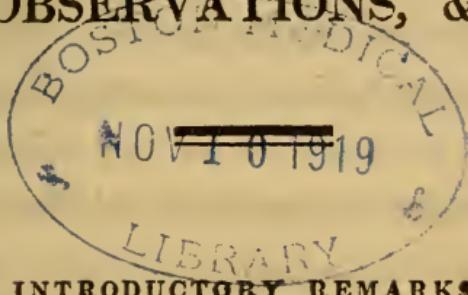
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## OBSERVATIONS, &c.



INTRODUCTORY REMARKS.

THERE are few subjects upon which public opinion is more divided than on the propriety of publishing popular medical works. So many plausible arguments have been advanced on each side of the question, that it is absolutely impossible to arrive at any general conclusion, which can be applicable to all cases. Where the reader is liable to fancy evils, which he does not really experience ; where the symptoms of one disease are easily mistaken for those of another ; or, where the medicine which is recommended is violent,

and, if any slight mistake is committed, deleterious; there can be little doubt that the public are more likely to receive injury than benefit from a popular treatise. Where, on the contrary, a disorder is easily distinguished, and produces ills of too substantial a nature to leave room for the illusions of imagination; where the remedy to be employed has been tried in a variety of cases, and found to be perfectly innocent; and where, especially, the permanent cure of the patient must after all depend greatly on himself; it is clear that the advantages are all on the side of publication. It is on these principles that the present dissertation rests its claims to a serious and candid perusal.

#### GENERAL DESCRIPTION OF THE GOUT.

The name **GOUT** is derived from the French “**GOUTTE**,” a drop, and was given to this disorder because it was thought to be occa-

sioned by the dropping of some humour into the joints. This doctrine is now very generally exploded, yet some name of a similar signification with the french term has been given to the disease in all the languages of Europe.

Dr. Cullen, who is regarded as a standard authority in the schools, has given the following definition of gout.

"**GOUT.**—An hereditary disease, arising without any evident external cause, but for the most part preceded by an unusual affection of the stomach; fever; pain of a joint, and for the most part of the great toe, at least affecting chiefly the joints of the feet and hands; returning at intervals, and often alternating with affections of the stomach, or of other internal parts."

Against this definition several objections have been brought. It has been said that the gout is more frequently acquired than

hereditary ; that it has often an evident external cause ; and that it frequently attacks not the joints but the tendons of the feet, hands, and other parts. The former parts of the definition best agree with the first attacks, but the conclusion which speaks of alternating with affections of the stomach and other internal parts, appears to refer to that variety of the gout which will be hereafter described under the name of atonic. Upon the whole, it may be remarked, that Dr. Cullen's definition does not so much describe what the gout is in every case, as it enumerates a variety of characters which it frequently assumes.

The gout is divided into regular and irregular.

#### REGULAR GOUT.

The regular gout is thus defined by Dr. Cullen. “ **Gout (regular).**—With a suffi-

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ciently strong inflammation, continuing for several days, and gradually receding, with swelling, itching, and desquamation of the affected part."

Almost every part of this definition has been, however, called in question. The gout, it has been objected, is not the less regular for attacking a tendinous part rather than a joint, or because it is of long duration, or frequently changes its seat; the swelling is not deferred till the inflammation begins to abate; and the desquamation of the parts affected is not sufficiently frequent to serve as a characteristic description. The gout, even where perfectly regular, admits of such variety in the part affected, the duration of the fit, and many circumstances with which it is attended, as scarcely to be described with accuracy in any definition. It is necessary therefore to give its history in more ample detail.

PREMONITORY SYMPTOMS.—Although a paroxysm or fit of the gout sometimes comes on without any previous warning, yet it is most generally preceded by various unpleasant symptoms. The feet cease to perspire, and become unusually cold. There is often a sense of pricking and numbness in the lower extremities, the muscles of which are affected with cramps, and the veins appear unusually full. The functions of the digestive organs are for the most part considerably disturbed. The appetite is diminished or irregular. Heart-burn, flatulency, pains in the region of the stomach, and other signs of indigestion are perceived. The bowels are usually costive; and the urine is scanty and high coloured. A general languor, with nervousness and great depression of spirits, diffuses itself through the system. These symptoms commonly take place, in a greater or less degree, for several days before the

attack, but frequently on the day preceding it, the appetite becomes greater than usual.

THE PAROXYSM.—The attack of this disorder is most commonly made in the spring of the year, and sooner or later according as the patient may happen to be more or less exposed to the vicissitudes of heat and cold. It commences sometimes in the evening, but more frequently about two or three o'clock in the morning. The paroxysm most commonly begins with a pain affecting the ball or first joint of the great toe. With the accession of this pain, a cold shivering sensation is more or less experienced, which abates as the pain increases, and is succeeded by heat, thirst, and all the usual symptoms of fever. The part which is attacked with pain, becomes also affected with redness, swelling, a sensation of throbbing, and burning heat. The pain is some-

times so severe that it has been compared to a dislocation, and at other times to the gnawing of dogs. The severity of the pain, and the febrile symptoms continue, with great restlessness, for several successive nights, followed with more or less of a remission every morning, when a gentle perspiration commonly ensues, and the sufferer obtains a little repose. At length the inflammation gradually recedes, the pain ceases, the swelling subsides, and the patient recovers his former health and spirits.

In every severe paroxysm, the functions of the stomach are more or less impaired. The bowels are usually torpid, and, when excited by medicine, the fæces are dark coloured, foul, and offensive. The urine, which is scanty in proportion to the patient's drink, is of a deeper colour than natural, and deposits a pink sediment. The nervous system is in a high state of morbid

excitement, and the temper becomes so irritable, that Sydenham declares “ that every paroxysm may be as justly denominated a fit of anger, as a fit of the gout.”

SUCCESSIVE ATTACKS.—After repeated attacks of the gout, the disease becomes more formidable. The paroxysms, which at first continued only for a few days, become lengthened to weeks and months, and instead of returning once in three or four years—they become annual—occur twice in the year—then three or four times—till at length the intervals of ease are so short, that the patient enjoys hardly any freedom from pain, unless during two or three of the hottest months in summer.

The first attacks of the gout are generally confined to the great toe, or to the parts of the foot in its immediate neighbourhood ; but, in after returns, the disease seizes upon

the heel, the instep, the knees, the elbows, the shoulders, and joints of the fingers—removing occasionally from joint to joint, and sometimes affecting two or more joints at the same time, though seldom with equal severity.

We cannot better close our observations on this subject than with the following excellent remarks of Dr. Scudamore.\*

“ With respect to the length of the interval between the paroxysms, Sydenham has observed, according as the immediately preceding fit has been more or less severe, the following fit comes on in a longer or shorter space of time ; for if the last fit proves violent, the next will not attack the patient till the same season of the year returns again.

“ This observation is not without truth ; but it may be remarked, that the benefit of

\* Treatise on the Nature and Cure of Gout.

a longer respite is in this manner dearly purchased ; nor is the advantage certain. A long and violent fit is often succeeded by another of equal magnitude in the same year.

" Finally, it may with little exception be stated of the gout, that it acquires strength with each returning fit, both as to the number of parts which it attacks, and as to the duration and degree of suffering ; and that it does not, like some chronic diseases, wear itself out by repetition, and yield to the friendly power of time. Both constitutionally and locally, also, the susceptibility to the disease increases. A premature old age comes on ; and, together with crippled and painful limbs, the nervous system is so enfeebled, that both mind and body grow less equal to sustain the conflict.

" Such is the sad and certain tyranny of neglected and encouraged gout !"

## IRREGULAR GOUT.

The general character of irregular gout is thus given by Dr. Cullen.—“ Whatever symptoms we can perceive to be connected with, or to depend upon, the disposition which produces the inflammatory affection of the joints, but without its taking place, or being present at the same time, we name the irregular gout.”

The irregular gout has been distinguished into atonic, retrocedent, and misplaced.

ATONIC GOUT.—This variety of the irregular gout is sometimes called the dumb or deaf gout, and sometimes the chronic gout ; and is thus defined by Dr. Cullen.—

“ Gout (atonic).—With an atony of the stomach or other internal part, and either without the expected or usual inflammation of the joints, or with only slight and trans-

sient pains in the joints, and often suddenly alternating with indigestion or other symptoms of atony."

The atonic gout occurs most commonly as an ultimate form of the disease, when the constitution has been so much weakened by repeated attacks of the regular gout, that strong inflammatory action no longer takes place. In this form of the disease, though the gouty disposition prevails in the system, it does not produce the usual inflammation of the joints, and when any pain is present, it is only slight and wandering; but the former severe paroxysms, which occurred with distant intervals, become exchanged for those which, though milder, are more frequent and irregular.

Under this form of the disease, the morbid symptoms which appear are chiefly affections of the stomach; such as loss of appetite, indigestion, and its various circumstances of

nausea, vomiting, flatulency, acid eructations, and pains in the region of the stomach. These symptoms are usually accompanied with pains and cramps in various parts of the body. With these affections of the stomach there commonly occurs a costiveness; but sometimes a looseness, with colic pains. The heart is affected with frequent palpitations. The sleep, either from pain or uneasiness, is much disturbed, and does not yield the necessary refreshment. The temper is also extremely irritable, and the mind much oppressed by imaginary evils.

**RETROCEDENT GOUT.**—This variety of the irregular gout is thus defined by Dr. Cullen.  
“Gout (retrocedent).—With inflammation of the joints suddenly receding, and quickly followed by atony of the stomach, or some other internal part.”

The gout is said to be retrocedent, when,

after a fit has commenced in the usual manner, and the joints have begun to be inflamed, with every appearance to a certain degree of the regular gout, the pain and inflammation suddenly and entirely cease, and some important internal part becomes immediately affected. When the gout removes to the stomach, it produces sickness, vomiting, or exquisite spasmotic pain. Should the intestines be affected, colic pains, with costiveness, and sometimes with looseness, occur, attended with sickness or vomiting, probably more or less urgent, according as the part affected is near to, or distant from, the stomach. If the disease be transferred to the brain, it produces palsy or apoplexy; if to the heart, faintings; and if to the lungs, asthma. In all these cases there can be no doubt that the symptoms are all a part of the same disease, however different the affection may seem to be in the parts which it attacks.

MISPLACED GOUT.—This variety of the irregular gout is thus defined by Dr. Cullen.—“Gout (misplaced).—With inflammation of some internal part, inflammation of the joints either having not preceded, or having preceded, and quickly disappeared.”

The misplaced gout very rarely occurs. In this variety of the disease, either no inflammation of the joints takes place, or it is only slight and transient, but the gouty disposition produces an inflammatory affection of some internal part, the symptoms of which are precisely the same with those usually attending the inflammation of the same parts from other causes. When the chest is the part affected, it produces inflammation of the lungs; when the head, phrensy; and when the abdomen, inflammation of the stomach or bowels.

With attention to the preceding history of the gout, it is confidently presumed that

it may be discerned under all its various appearances, and that the patient who is attacked by a regular paroxysm, will now have no difficulty in distinguishing it from every irregular form of the disease. This consideration is important, as it is in the regular gout that the curative treatment hereafter recommended is more peculiarly applicable.

#### CAUSES OF THE GOUT.

PREDISPOSING CAUSES.—The gout seldom attacks women in any part of their lives, or men under thirty-five years of age, unless from a strong predisposition. The persons whom it most frequently visits are robust men, of full and corpulent habits, with large heads, large full veins and loose solids, and men whose skins have a rough surface. It is worthy of remark that gouty persons, of this peculiar habit of body, are

also very liable to the attacks of apoplexy, or palsy, whence it frequently happens that gouty people are taken off by apoplectic fits. As children very usually resemble their parents in bodily conformation and constitution, the gout may perhaps not unjustly be called an hereditary disease, though more often it is wholly acquired, without any hereditary predisposition. When, however, this hereditary predisposition does exist, the disease is excited by less powerful causes than would otherwise call it into action; and in some instances the predisposition, whether hereditary or constitutional, has been observed to be so strong, that no other excitement has been required to produce the gout, than what seems essential to the support of ordinary health.

It is observed, that the gout seldom attacks persons employed in constant bodily labour, or persons who live much upon vegetable

aliment. It is also said to be less frequent among those people who make no use of wine or other fermented liquors.

**EXCITING CAUSES.**—In all persons predisposed to the attacks of gout, it appears to be excited by every cause which increases the fulness of habit—induces debility—or interrupts digestion.—It is necessary to state distinctly what these exciting causes are, that the patient may be instructed to avoid every thing which might in any way operate to produce this dreadful malady, or which might, when once it has been produced, possess the least tendency to excite it again into action.

*Fermented Liquors.*—The most frequent and general exciting cause of gout is the free use of wine, spirits, beer, or any other fermented liquor. This remark applies not

only to intemperance, but to the daily use of fermented liquors by persons of the habit of body above indicated, even in such quantities as might otherwise be deemed moderate. On this subject, perhaps, I cannot better communicate my sentiments, than in the following excellent observations of Dr. Sutton.\*

“ Corporal, as well as moral habits, are more formed by what is daily acted, than by what is unfrequently done. Habit is the disposition to the same thing, whether of activity or inaction, which has been acquired by being frequently and perseveringly undergone; and, whatever is slow in being attained, whether to cause a habit, or a disposition to a disease, which may be considered to be a strong tendency to certain definite morbid actions, or frequently a dis-

\* Tracts on Gout, &c.

case itself, will be sooner accomplished by daily efforts towards those ends, than by infrequent and intermitted exertions. A person attains to any accomplishment of activity or strength, much more by daily exercises of short duration, than by the aggregate of the same time employed for that purpose only one day every fortnight. Habits also of such a nature as are neither agreeable nor desirable, are sooner formed by daily opportunities of action, than they could be by infrequent and accidental effort. In like manner, a moderate quantity of wine, or fermented liquors, drank every day, is more liable to ingraft a disposition to the disease in the habit, or to produce the gout, than the sum of all these quantities taken infrequently, and casually.

“The moderate indulgence in wine and other fermented liquors, is certainly harmless, in a moral point of view, though pernicious

to the gouty ; but necessary, to a certain extent, to the laborious. It may aid these in their toils, and their labours tend to render it innocent. But arthritics are not persons in situations of life who undergo continued laborious exertions. What they may undertake in this way, is intermitted at will, and irregular : labour is not necessary to them, and therefore they will not submit to it : as a remedy, on these accounts, for the gout, it can be very infrequently employed. The principle which opposes the gout, in the laborious, grows up gradually with their exertions, and is kept in its full spring and vigour by employs allowing very little intermission ; the fatigue which is daily undergone is thrown off, by the ordinary cessation from labour, and by refreshing sleep ; and the morning is ushered in without any perception of inconveniences arising from the toilsome efforts of the day which is just past. This,

therefore, is the sort of labour which opposes the gout. But this is the labour to which the wealthy will not submit ; and, therefore, to attain the same end, they must be contented to resign some of their habitual and unnecessary indulgences, or submit to the consequences which arise from them.”

Not only the quantity, but the quality of the fermented liquor, has a close relation to the power of exciting the gout. “Champagne,” (says Dr. Scudamore) “bad claret, and new port, will predispose to the gout much more strongly, than equal, or even larger quantities of madeira and sherry; because, in addition to their equal or greater heating effects, they give rise to more acidity; from which the stomach and alimentary canal suffer certain irritation. In a system, otherwise fitted for gout, or in the settled gouty habit, the limbs quickly suffer by sympathy. The light wines and acescent liquors made from

our own fruits, contribute to the gravel rather than the gout; and raw spirits more particularly induce severe dyspepsia, obstructed liver, and dropsy. In comparing the influence of different liquors, it must be considered, that wine drinkers also partake much more largely of the solid luxuries of the table, than drinkers of spirits and malt liquors can do, and therefore produce more powerfully the combined effects of heating excitement and redundant assimilation."

*Excess in Diet.*—A full or excessive diet, especially of animal food, has a powerful tendency to excite the gout, both by promoting the fulness of habit, and impairing the organs of digestion. The latter evil is also committed by many, who, though moderate in the quantity of their food, prefer aliments of a hard and indigestible nature, such as dried or salted meats, or make too

free a use of acids and acescents. High seasoned dishes have a powerful tendency to promote the gout, by the incitement they afford to take more food than the appetite would otherwise demand. It not unfrequently happens, where the gouty disposition is very strong, that a single excessive indulgence at the table is followed by a paroxysm of gout. These immoderate indulgences which are thus dangerous to persons of gouty habits, dispose also in an equal degree to apoplexy, palsy, and various chronic disorders.

*Indolence.*—Another material agent in inducing the gout, when concurring with other causes, is indolence. By indolence, in this sense of the expression, is meant not only a state of useless inactivity, but such an intense application to sedentary employments as does not admit of sufficient bodily

exercise. In either of these cases a fulness of habit is promoted, especially in the former; and frequently in the latter, strong mental exertions bring on corporal debility: both states of the system tending to the gouty diathesis or disposition.

*Night-watching, &c.*—That state of debility which disposes to the attacks of gout, is also brought on by night-watching, whether for purposes of study, business, or pleasure; by sudden changes from a generous to a spare diet; as well as by excessive evacuations of any kind. The gouty inflammation induced by such causes, is generally of the feeble, lingering, and atonic kind.

*Passions of the mind.*—Any violent emotion of the passions has a tendency to promote the gout, by destroying the appetite, and impeding digestion. “Let us suppose,”

says Dr. Cadogan, “a man in the best health, the highest good humour and spirits, as well as good stomach, sitting down to dinner with his friends, receives suddenly some very afflicting news. Instantly his appetite is gone, and he can neither eat nor swallow a morsel. Let the same thing happen after he has made a hearty chearful meal ; as suddenly the whole power of digestion is destroyed, and what he has eaten lies a most oppressive load upon the stomach ; perhaps, as excess of weakness is often convulsion, it may be rejected by violent vomiting, or do greater mischief. For which reason, such strokes of distress are less hurtful upon an empty than a full stomach. But why is this ? What connection is there between a piece of bad news and a man’s stomach, full or empty ? Whatever the cause be, the effect is certain and invariable !” \*

\* Cadogan on the Gout, &c.

Effects somewhat similar are also produced by any equally violent emotion of the mind, as well pleasing as painful.

*Cold.*—The last exciting cause of the gout which I shall enumerate, is cold. Any sudden and considerable exposure to cold, or any sudden change from heat to cold, especially when concurring with moisture, will induce the gout in persons predisposed to the disease. Cold, thus incautiously applied, whether to the whole body, or to particular parts of it, as the feet and hands, is by far the most frequent cause of the returns of gout, in persons whose constitutions have already suffered by previous attacks. The north and east winds, with a humid atmosphere, are perhaps the worst forms in which cold acts upon the body. The learned Boerhaave gave particular attention to the subject of cold as an exciting cause of gout. He observes, that the north wind scarcely blows without occa-

sioning to gouty valetudinarians a return of the fit. He also remarks, that a man who has a fit of the gout in the spring, commonly continues in good health through the summer, but about the end of August, he is troubled with an oppression in the stomach, and eructations; that he is full of wind and crudities; and in that case it is a common saying, that he is breeding the gout; he then becomes costive; his perspiration is checked, especially that of his feet; and Boerhaave declares, he has never known the gout attack any one, while he continues to perspire; first the feet become dry, and the veins appear turgid; and these symptoms take place within a day or two of the attack.

THE PROXIMATE CAUSE.—Concerning the proximate cause of the gout, many different opinions have been advanced by physicians, ancient and modern. I shall men-

tion only a few. Hippocrates ascribes the disease to a corruption of the blood by bile and phlegm; Galen to a redundancy of humours whether blood, bile, or phlegm, separately, or in conjunction; and *Ætius* to plenitude and debility. Paulus *Ægineta* assigns two causes, debility and an increased determination of blood to the ligaments of the joints. Mayerne supposes that the gout arises from tartar, or some other saline or acrimonious substance, which corrodes the ligaments and integuments of the joints. Tachenius affirms, that it originates from an acid, produced in the stomach by fermentation. Mead is of opinion, that the gout is an effort of nature to throw off an intolerable burden from the general habit by depositing it in the joints. Oliver represents the gouty matter as becoming acrid, tearing the vessels in pieces, curdling the synovia or unctuous humour which lubricates the joints,

and turning into chalk; causing an ankylosis, or stiffness of the joints, and inflaming and ulcerating the skin. Boerhaave ascribes the disease to a vitiated state of the nervous system. Dr. Cullen, after advancing, with much ability and ingenuity, several arguments against the gout being occasioned by morbid matter in the system, considers it as an effort of nature to restore the tone of the stomach, and of the whole system, by exciting an inflammatory affection in some part of the extremities. Dr. Sutton considers the disease as depending upon some peculiar morbid action in the alimentary canal. And lastly, Dr. Scudamore ascribes the disease to a redundancy of blood with relation to the powers of the circulation, particularly affecting the system of the vena portarum, and the consequent functions of the liver; together with the production of a morbid change in the secreting functions of the alimentary

canal in general, and of the kidneys in particular.

When we consider this great diversity of opinions concerning the proximate cause of the gout, among men the most eminent in the profession for ingenuity, learning, and experience, it is reasonable to conclude that but little is certainly known on the subject. It must, however, be observed, that some of the hypotheses which have been here enumerated, have given rise to very erroneous practical consequences, and have been terribly efficacious in augmenting the sum of human misery.

On the one side, it has been contended, that the gout is a salutary disease, and therefore its cure, though possible, ought not to be attempted ; on the other, that it is a disease of the whole system, or depends upon a certain general conformation and state of the body, and therefore necessarily incurable.

Each of these positions is, however, at present, not only doubted, but disbelieved by the most eminent of the medical profession ; and is, or ought to be entirely disregarded by arthritic invalids.

#### GOUT NOT SALUTARY.

Dr. HEBERDEN, who bestowed long and close attention on the gout, has treated the first of these opinions, the salutary nature of the gout, as a mere vulgar error ; like that by which the itch is reckoned wholesome in some countries, and the ague in others ; just as the common people in Germany congratulate those who are afflicted with the piles, believing that that distressing disorder will infallibly protect them from other diseases more fatal to life. He denies that the gout is any more a critical discharge of pernicious humours than the rheumatism, palsy, or epilepsy ; though some people, on the attack of

the disorder, fondly congratulate themselves on the completion of their wishes; and, during the honey moon of the first fit, dreaming of nothing but perfect health, persuade themselves that they already experience important benefits. He also observes, that when the functions of life begin to fail, they flatter themselves that they have a lurking gout in their constitution; and that a proper fit of the disorder will restore them to their former vigour. This hope, however, he tells us, is delusive; and though novices in the gout may thus flatter themselves, those who have laboured under it many years will tell a different tale. He affirms, that he has known fits of the gout return annually for many years, and then he has known them as long suspended, without the constitution of the patient sustaining the least injury. Hence, he deems the notion of the renovating influence of the gout a vulgar error; and

wishes it were as easy to discover an efficient remedy, as safe to employ it.

Dr. SUTTON, evidently influenced by a similar opinion, observes, that “ we ought not now to hold the disturbance of a fit of the gout in the same dread it formerly excited. This has, of late years, been so often attempted, and the fit entirely subdued, that it can no longer be considered as an experiment. If there had been any truth in the supposition, of actual morbid matter being thrown on the surface, occasioning the gout; and its retrocession being caused by disturbing the paroxysm, attended with serious effects, in consequence of internal parts being attacked, this could not have failed to have shewn itself in numerous instances of late years, to the demonstration of many, and the destruction of not a few. But as this has not happened, and the instances of

deaths from such supposed proceedings are very rare, the opinion cannot be entertained generally; and its infrequent occurrence, as supposed, though vigilantly sought after, must excite doubts of its at any time actually happening."

The same learned and able writer thus refutes the argument which has been frequently adduced to prove the salutary influence of this disease, from the increased appetite and vigour which is often experienced by the patient on his recovery from a gouty paroxysm.

" Some time after the gout has made its attack, the appetite returns: hence the inference has been, that the gouty cause is thrown into the extremities, and has entirely quitted the stomach. But it has not been sufficiently adverted to, that this disposition to appetite has come on after some days' necessary abstinence, or fasting, which either

the torments of the disease, or the disordered state of the stomach, or both, have tended to occasion. Hence the digestive powers, after a sort of rest, have acquired again something of their pristine vigour; but in this state of things they are not immediately abused, nor would they be so acted upon without inconvenience. In such a state, every sort of food is generally more sparingly given, and is of a quality to be easy of digestion; and fermented liquors, if taken at all, are drunk in small quantities; and both an actual and relative respite of the load upon the stomach, from varied food and drinks, is the consequence of a fit of the gout; the good effects of which are very apparent upon the digestive organs. If gouty people would even imitate this sort of abstinence occasionally, which is forced upon them by a fit of the gout, they would, probably, find their advantage in such a proceeding, and similar

good effects to ensue, in regard to a return of appetite, and other healthy feelings."

**INSURANCE ON LIVES.**—There is, however, one method of deciding this controversy, more satisfactory than any appeal to the judgment of physicians. Those who have instituted and conducted offices for the insurance on lives, have been too much alive to their own interest, to ground their proceedings upon medical theories, or popular opinions. They have taken care to accumulate facts, and to rest all their expectations of the future, on the experience of the past. If in any instance these collections have been too scanty to give them a certain result, fresh facts must have been daily occurring within their observation, and affecting their interests; and these must have induced them to correct every ill-founded opinion. At the same time, the competition between these

institutions is too strong to permit them to demand a higher rate of insurance than is required to furnish a moderate profit. Now these offices demand a greater premium from such as are subject to the gout, than from those who have never suffered from this complaint: thus acting on an opposite principle to theirs who are willing to consider the gout as a salutary disease, which rather prolongs than abridges the duration of human existence.

**CONSEQUENCES OF GOUT.**—If this decision could need confirmation, it would receive it abundantly from an enumeration of the various pernicious consequences which follow the repeated attacks of this disease.

*Loss of power in the limbs.*—In the first attacks of this disease, it is usual after a fit has subsided for the affected limbs to recover

their former suppleness and strength, but after the gout has made frequent and protracted visits, this complete recovery is no longer experienced; the joints become more and more stiff and feeble; and at length, in many instances, the patient is totally deprived of the use of his limbs.

*Chalk-stones.*—In many persons, after the disease has frequently recurred, concretions of a chalky nature are formed in the vicinity or cavity of the joints. These frequently produce ulcerations of the skin, and permanent stiffness of the joints; and contribute with other causes to destroy the motion of the affected limbs.

The formation of chalk-stones has tended much to confirm the opinion that there is something in the habits of gouty persons, which unless thrown off by an uninterrupted paroxysm of the gout, will be likely to fix

upon parts more necessary to life, and occasion grievous mischief. This hypothesis is, however, altogether inconsistent with chemical philosophy, and with the laws of the animal œconomy. It is now well understood that the materials of which chalk-stones are composed, are not more abundant in the habits of gouty persons, than of other people; but are occasioned by the mere local action of the inflamed parts, in which the system does not participate.

*Calculi of the urinary organs.*—In most persons who have laboured under the gout for many years, a calculous affection of the kidneys comes on, and discovers itself by a train of most distressing symptoms. Such persons are alternately afflicted with the gout, and this deplorable malady, to such a degree, that between these two formidable enemies, they scarcely ever enjoy any entire freedom

from torture. Concretions of a similar nature are sometimes formed in the urinary bladder, occasioning that most deplorable disorder, the stone: and the gravel is of frequent occurrence with gouty persons.

*Varicose veins.*—A varicose or enlarged state of the veins of the legs, causing habitual sensations of achings, fulness, and heat, not unfrequently occurs after a long series of gouty attacks; and is occasionally accompanied with purple cutaneous spots; and, though more rarely, with ulcerations of the skin.

*Hypochondriasis* is a common consequence of frequent gout: and is distinguished by a want of resolution and activity, with respect to all undertakings; a disposition to sadness and timidity, and a gloomy foreboding as to all future events.

*Morbid state of the viscera.*—The internal part that is the most frequently, and often the most considerably affected by the gout, is the stomach; which, in many instances, becomes permanently weakened. The bowels, participating in the disorders of the stomach, become irregular, and, for the most part, sluggish. The functions of the liver are always more or less disturbed; its action is generally torpid; and, in some instances, a change of structure is produced. An interruption to the healthy balance of circulation sooner or later ensues, and congestion or partial fulness of blood takes place, in various important organs. From this morbid state of viscera, and unequal distribution of blood, it follows that the gout gives rise to asthma, inflammation of the lungs, consumption, dropsy, jaundice, frequent giddiness, drowsiness, pains in the head, and other apoplectic and paralytic symptoms. Dr.

Scudamore after mentioning these, and some other diseases, and investigating their connection with gout, very properly comes to the following conclusion. "When the picture which is here drawn (and it is one that is rather softened, than too closely copied from life), added to that of the sufferings which gout directly inflicts, is well considered, it seems surprising that the idea which many gouty persons fondly entertain, that a paroxysm is an indication of health and strength of constitution rather than an actual disease, should ever have been cherished."

#### GOUT NOT INCURABLE.

Enough has now been advanced to demonstrate, not only that the gout is not salutary, but that it is extremely pernicious. The other opinion which has so generally prevailed, that the gout is a disease of the whole system, and therefore necessarily

incurable, will appear on strict examination to be equally unfounded. Here it will be necessary to explain our meaning as clearly as possible, as it is important that both the practitioner and the patient should distinctly understand each other, as to what is implied by a cure of the gout. If by medical treatment the train of symptoms connected with the gout is destroyed, and the parts which were affected are restored to their healthy functions in a very short space of time, compared with the natural course of the disease, the disorder thus removed may fairly be said to be cured. The prevention of the returns of the disease "depends," as Dr. Sutton justly observes, "upon other circumstances which are seldom sufficiently persevered in, and those things avoided, which bring the cause of gout into activity. But in the same manner, as no one doubts the cure of the intermittent fever by the bark, because patients

may happen to live in a marshy country, and contract the disease again, so the gout is neither more nor less cured, because the parties subject themselves to those causes that invite a return." To this extent, therefore, I can safely affirm that no disease is more easily curable than the gout; and moreover, that the cure may be accomplished by means which, at the same time, have a direct tendency to improve the general health, and prevent the returns of the paroxysm.

Before, however, proceeding to treat of that remedy for the gout which I have had the happiness to discover, it is proper to notice several former attempts, and assign reasons why they have not obtained a more permanent reputation.

**PORLAND POWDER.**—A medicine, denominated the Portland powder, was employed during a part of the last century, and

at one time attracted considerable notice. This was so called from one of the Dukes of Portland, who was cured by it of an hereditary and very inveterate gout. It is compounded of several aromatic bitters;\* and was directed to be taken in the quantity of a drachm, or sixty grains, in any convenient vehicle, as wine and water, broth, or tea, in the morning fasting, the patient tasting nothing for an hour and a half after he had swallowed the medicine. This dose of the powder was directed to be taken daily, for three months, without the least interruption; forty-five grains were then ordered to be taken in the same manner for the succeeding three months; half a drachm every

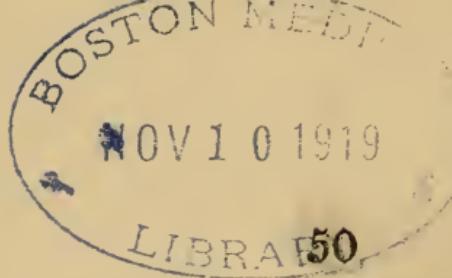
\* The Portland powder is composed of equal quantities by weight of the roots of birthwort (*aristolochia rotunda*), and of gentian (*gentiana lutea*); the tops and leaves of germander (*teucrium chamaedrys*), ground pine (*teucrium chamaepithys*), and lesser centaury (*chironia centaurium*), powdered and mixed together.

day for the next six months; and the same quantity every other day for the following twelve months, if the gout were not subdued before that time. Dr. Cullen acknowledges that the Portland powder sometimes produced powerful effects, as a preventive medicine, but he also asserts, that it was followed by many pernicious consequences. "In every instance," says this learned physician, "which I have known of its exhibition for the length of time prescribed, the persons who had taken it were indeed afterwards free from any inflammatory affection of the joints, but they were affected with many symptoms of the atonic gout; and all, soon after finishing their course of the medicine, have been attacked with apoplexy, asthma, or dropsy, which proved fatal." On the other hand the celebrated Dr. Herberden regarded these diseases as by no means flowing from the use or abuse of this

powder, but as the common consequences of the gout itself towards the decline of life. The opinion of Dr. Cullen however prevailed, and the medicine fell into disrepute.

Without attempting to decide between these two eminent physicians, or to revive a controversy concerning an obsolete remedy, it may not be improper to observe, that in order to form a correct opinion of the precise good or evil to be imputed to this, or to any other medicine whatsoever, we ought always to take into account the state of the patient previous to its application, his habits, bodily conformation and constitution, family history, age, and other peculiarities. These may, in many instances, be sufficient to account for an accession of apoplexy, asthma, dropsy, or other fatal malady.

**PATIENCE AND FLANNEL.**—The assistance of the healing art was now for many



years but little recurred to in cases of the gout. Those who were attacked by this excruciating disorder were prescribed a severer course of abstinence and regimen than persons surrounded with all the means of indulgence could be expected to submit to; and when a paroxysm returned, they were recommended to seek no relief but from *patience and flannel*. That the former has much value as a moral virtue none will deny, but when it is substituted for the prompt use of means for obtaining relief, it ceases to merit that character; and it is obvious, that the confinement of morbid heat by flannel could tend only to increase the inflammatory affection, already too distressing. By this treatment, therefore, the paroxysms were increased, both in severity and duration, and the constitution was most unnecessarily exposed to a higher degree of injury.

COLD APPLICATIONS.—In the year 1804, Dr. Kinglake, of Taunton, by recommending cold applications to the parts affected, tended much to disturb the prevailing opinions on the subject of the gout. He did not, indeed, advance any thing new in his mode of treatment, as it may be traced even in the writings of Hippocrates, and was sanctioned by the example of the great Harvey: yet he became the means of its being more generally adopted; published a book on the subject; and used his utmost endeavours to introduce this practice to public notice. A general opinion, however, soon prevailed, that so violent an expedient as that of plunging the inflamed limb into a vessel of cold water, might be liable to occasion a retrocession of the gout, and be attended with alarming and even fatal consequences. This opinion has since been confirmed by many facts, apparently well attested, and

Dr. Kinglake's expedient has therefore fallen into disuse, even among those who were its original supporters.

EAU MEDICINALE D'HUSSON.—Nothing has, however, attracted such general notice, nor made the cure of the gout so much the subject of investigation, as the celebrated french medicine, the eau medicinale of Mons. Husson. The following account of this medicine is extracted from a treatise of Dr. Jones, an eminent physician.

“ The eau medicinale was discovered about forty years ago by M. Husson, a military officer in the service of the King of France. We are informed by himself, that he had always an irresistible inclination for the study of botany, and the medicinal properties of simples. In the course of the researches to which this propensity led him, he discovered a plant, before unknown in medicine, which,

on examination, was found to possess extraordinary virtues in the cure of various diseases. From this plant Husson prepared his remedy in its present form; and, after some experience of its powers, he was persuaded to publish it, and it was accordingly announced to the world as a sovereign remedy for almost every disorder incident to the human body.

" It was at first recommended with a view to its *evacuating* powers, which it sometimes exerted very violently, both as an emetic and cathartic. It was probably useful in some cases, for it had acquired a degree of reputation, before its most valuable property, that of relieving the *gout*, was known. Accident led to this knowledge: — some persons, subject to this disease, took the eau médicinale during a paroxysm, probably as a cathartic. They were agreeably surprised to find their pains abate in a few hours, and

soon go entirely off, and that they got rid of the paroxysm itself in two or three days, which, in its ordinary progress, would very probably have lasted as many weeks. A number of similar cases having occurred, it soon became known that this remedy really had great influence over the gout.

“The singular success of the Eau Medicinale, in a disease which had hitherto been considered as beyond the reach of medicine, attracted the attention of several physicians of considerable eminence, who, after a careful investigation of the facts presented to them, candidly recommended the remedy to their own patients. As the same satisfactory results were obtained, it began to make a great noise in the world, and to excite much enquiry. It was not only frequently employed in the gout, but also in many other diseases; and, if we may credit the testimonials adduced by the inventor in its favour,

it was attended with unexampled success, even in cases where all other resources had failed.

“It met, however, from the beginning, with much opposition. It was decried as a poison, or, at least, as a dangerous remedy, whose use ought to be proscribed by the public authorities. The clamours against it became at length so loud, that the sale of it was suppressed at Paris, in 1778, by an order from the police. But on the representations of several respectable persons, that it had not the ill consequences of which it was accused, the prohibition was removed on the fifth day. Several pamphlets and papers were also written from time to time, both in its favour and against it, and either printed apart, or inserted in the periodical works, or public journals.”

The eau medicinale was introduced into this country by Dr. Jones, who was made

acquainted with it by Dr. Chretien, of Montpellier. In the treatise which he has written on this subject, he professes the most disinterested motives, and adduces a considerable number of cases in which the medicine has produced the most extraordinary and beneficial effects. The examples are principally taken from the higher ranks in life; and amongst the sufferers who have derived the greatest benefit from the use of this medicine, occur the names of Sir Joseph Banks, the president of the Royal Society, and Major Rennel, the celebrated oriental geographer.

When the eau medicinale had been thus introduced to the notice of the English public, a considerable sensation was excited both amongst arthritic invalids, and gentlemen of the medical profession. Among the latter, a controversy was excited, which has but recently terminated in the almost total rejection of the medicine. In the pro-

priety of this decision I now fully concur. The extensive correspondence I have carried on since the publication of the first edition of this treatise, has abundantly convinced me that the eau medicinale is not attended with permanent advantages, but that in proportion to the frequency of its employment, it brings on a train of distressing and dangerous consequences. The curative power of the medicine seems gradually to lessen on repetition, and the frequent use of it has a tendency to induce an impaired condition of the whole nervous system ; so that the head becomes affected with frequent giddiness, attended with great depression of spirits ; the stomach with weakened digestion, and sensations of sinking, weight, and oppression ; the bowels with torpor ; and the limbs with tremblings, numbness, and loss of strength. Of its more immediate deleterious effects, several examples are related

by authors, who evidently entertain the same unfavourable opinion of it as that which I have just given. Dr. Scudamore mentions a case in which the contents of a single bottle taken as a dose, so paralysed the stomach, that for many days it was scarcely sensible to the strongest stimulants. The patient was recovered with much difficulty, and remained for a long time in a state of serious debility. Dr. Reece, in his very useful popular publication, "*The Gazette of Health,*" makes mention of this medicine as having in some cases terminated life in a few minutes, and in every case leaving a great disposition to a recurrence of the disease: and gives a case which occurred lately in King Street, Covent Garden, of a tradesman being attacked by gout, who took this medicine: it succeeded in removing the pain, and he was able to attend to his business the following day; but, instead

of an annual return of the fit, it attacked him more violently than ever, in less than one month. The eau medicinale was again resorted to, which certainly allayed the pain, but so reduced the vital powers, that the patient died in the course of the week. And Mr. Ring, in his treatise on the gout, relates an instance of its causing the death of a patient by the direct violence of its action on the stomach and bowels.

While some medical practitioners have resisted the use of the french medicine, others have been employed in endeavouring to discover its composition. The eau medicinale had been chemically examined, in 1782, by MM. Cadet and Parmentier, who declared that it contained no metallic or mineral substance, but was a vinous infusion of some bitter plant or plants. Here their investigation of course terminated, as it is well known that chemistry is unable to dis-

erminate the infinite variety of infusions which may be obtained from vegetable substances. All, therefore, that could be done, was to try such bitter infusions as seemed most likely to produce similar effects. The esula (*cuphorbia esula*), the euphorbia (*cuphorbia officinarum*), the veratrum (*veratrum album*), the hyoscyamus (*hyoscyamus niger*), the belladonna (*atropa belladonna*), the digitalis (*digitalis purpurea*), the aconitum (*aconitum napellus*), the elaterium (*momordica elaterium*), and various other plants, have been brought to the test and rejected.

**GRATIOLA OFFICINALIS.** — Monsieur Alyon, a chemical professor, asserted in his “*Eléments de Chimie*,” that he had discovered in the gratiola, or hedge hyssop, the active ingredient of the eau médicinale, and gave a recipe for making a préparation of it, exactly resembling, as he affirmed, the

medicine of Husson, in all its properties. Dr. Wolfe, of Warsaw, adopted a similar opinion, but admitted that he never employed this imitation in the cure of the gout, because his patients uniformly insisted on having the original remedy. I have made, at different times, a variety of experiments, with a vinous tincture of the gratiola, but could never discover that it bore any resemblance to the french medicine, either in its sensible qualities, or in its medicinal effects.

TINCTURE OF WHITE HELLEBORE WITH LAUDANUM.—Mr. Moore, an eminent surgeon, published, in the year 1811, a very ingenious pamphlet, to prove that the french medicine was simply a tincture of the veratrum, or white hellebore, in a light sparkling wine, combined with a portion of Sydenham's laudanum. He was led to this supposition from the coincidence of Hus-

son's account of his medicine with the description given by the elder Pliny of the effects produced by the veratrum. This preparation, of which Mr. Moore has given the formula, bears certainly some resemblance to the eau medicinale in its sensible qualities, and produces some of its medicinal effects. Numerous subsequent trials have however proved, that in various respects the effects of this tincture differ from those of Husson's remedy; and that, therefore, it is to be regarded as an unsuccessful imitation.

From my own personal observation on the manner in which this preparation acts in paroxysms of the gout, I am fully convinced; that though it does sometimes produce temporary relief, it is attended with consequences too serious to admit of its familiar employment. In this judgment I am supported by the following observations of Dr. Scudamore. "Tincture of white hellebore

with laudanum (which has been offered as *identical* with the *eau medicinale*) has gained considerable estimation with some practitioners, either as an active purgative, or as possessing *specific* properties. From some examples which I have seen of its operation, I am convinced that it is too dangerous a medicine to be familiarly employed, and also that it can seldom be given in free doses to the gouty patient, with any prudence. Even in careful and gradual doses, its accumulated action sometimes becomes alarming, and causes serious hyper-catharsis. In its severer effects, under a bolder administration, it has produced, in quick succession, vomiting and purging, great depression of strength, spasms, and *burning* pain in the bowels, cold sweats, and in some instances tremors and faintings, and the very sensations of approaching death. I am informed, on good authority, of a case of gout, in which a sa-

turated preparation of hellebore in alcohol proved fatal by its action on the stomach and bowels; and of another case in which the patient died apoplectic, after a free use of the tincture of hellebore and laudanum. This termination was attributed, and with great apparent probability, to the stimulating properties of the medicine.

“ Dr. Woodville mentions, that “ upon opening those who have died by the effects of this poison, the stomach discovered marks of inflammation, with corrosions of its interior coat, and the lungs have been much inflamed, and their vessels much distended with dark blood.”

“ Even when the tincture of hellebore acts with comparative mildness, it has produced under my observation, in two cases of gout, considerable irritation of the stomach, causing a distressing sense of heat, a white tongue with thirst, and, together with inflammatory

excitement, much nervous depression. Finally, of this medicine, I am well persuaded, that in any form or combination, it should be entirely deprecated as a remedy for gout."

**COLCHICUM AUTUMNALE.**—Mr. Want, late surgeon of the Northern Dispensary, announced, in the Monthly Magazine, for July 1814, and in the Medical and Physical Journal, No. 185, his discovery of a remedy for the gout, in the *colchicum autumnale*, or meadow saffron. He believes that the bulb of this plant is the *hermodactyl* of the shops,\* and that a vinous tincture of it, is the celebrated *eau medicinale d'Husson*.† The

\* The *hermodactyl* of the shops is brought to us in a dried state from Egypt, Syria, and Turkey; and has been supposed by some writers on the *materia medica* to be the bulb of that species of meadow saffron called by Linnaeus *colchicum variegatum*.

† MR. WANT'S TINCTURE OF COLCHICUM is directed to

hermodactyl was well known to the ancients, who investigated its medicinal properties with the closest attention. It has, at different times, for many centuries, been employed as a remedy for gout, but after a full trial has always been rejected; probably on account of its inefficacy, and of its deleterious properties. Alexander of Tralles, a Greek physician, of the sixth century, (from whom Mr. Want professes to have obtained the first hint on this subject,) in his chapter on anodynes, remarks, "that some persons take a medicine called *dia hermodactylum*, which produces an evacuation of watery

be made by infusing, for two or three days, a quantity of the fresh-sliced root of colchicum autumnale in proof spirits of wine, in the proportion of four ounces of the former to eight of the latter. The dose should vary according to the constitution of the patient: upon an average, two drams, or two ordinary tea spoonfuls, is the proper quantity for an adult. To prepare a medicine more particularly resembling the eau medicinale in external circumstances, it is merely necessary to use good Sherry or Lisbon, instead of proof spirit.

matter from the bowels, attended with such relief from pain, that patients are immediately able to walk." He adds, however, "it has this bad property, that it disposes them who take it to be more frequently attacked with the disease." Paulus Ægineta, who flourished about fifty years after Alexander of Tralles, admits that hermodactyls have great purgative power; and sometimes afford relief in the gout, but asserts, "that they are hurtful to the stomach." Dioscorides, when treating of the poisonous qualities of the colchicum, observes, "that it kills by choking or strangulation, whence some have called it, *colchicum strangulatorium*": and sometimes he applies to it the term *ephemeron*, from the supposition of "its producing death in one day." Ludovicus asserts, "that a single root of colchicum almost killed a patient by purging." Geoffroy relates, "that those who eat it feel an itching

all over the body, attended with a biting pain of the internal parts, and great heat and weight in the stomach, which are sometimes succeeded by a bloody flux." Various instances have also been known in which deer and oxen have fallen a sacrifice to the colchicum: and according to Stoerck, "two drams of the root killed a dog in thirteen hours, and upon opening its abdomen, the stomach and bowels were found to be greatly inflamed, and in a gangrenous state." These general effects thus related of the colchicum, have indeed a remarkable coincidence with those resulting from the exhibition of the eau medicinale.

Three years prior to Mr. Want's publication of his discovery, I had made a variety of experiments on the colchicum, in those cases in which I thought it deserving a trial, but the results were uniformly unsatisfactory. Its operative effects were for the most

part very uncertain and capricious : sometimes it produced no sensible operation of any kind, and again it acted on the stomach and bowels in a violent and distressing manner, occasioning great prostration of strength and depression of spirits. The relief which it sometimes appeared to afford, was commonly but of short duration and incomplete, the disorder either speedily recurring in the joints first affected, or attacking other parts with great violence. I believe I have employed the colchicum in almost every variety of form and combination, and I am fully convinced that, like its congener, the eau medicinale, it is too intractable in its use,—too uncertain and dangerous in its effects on the human body, to admit of its being adopted in general practice. But on this subject it is not necessary to enlarge, as Mr. Want himself acknowledges, that he is acquainted with no substance more unmanageable or

more deleterious ; that it must always be used with the utmost caution ; and ought never to be trusted out of the hands of the faculty. He declares that he has seen cases in which it produced a most alarming sense of suffocation, from the globulus hystericus and flatulent distention of the abdomen. He also very candidly informs us of an instance in which, though administered by himself with every attention to the circumstances of the case, it produced a most alarming transfer of gout from the extremities to the stomach, head, and bowels, which continued a fortnight, and nearly cost the patient his life,

A very general opinion now prevails both among gentlemen of the medical profession, and others who are conversant with both medicines, that the colchicum is indeed the active principle of the eau medicinale. On this subject I cannot do better than give

Mr. Want's own words. "The identity of the tincture of colehicium and eau medicinale, is a question which can only be determined by attentive examination, and comparison of their respective operations on the human body. I will pledge my professional reputation for the truth of what I have alledged, on this subject. My practice in gout has been very great, and where these remedies appeared likely to be useful, I have administered them with the most careful observation of their effects, and have never once entertained a doubt of their being the same medicines. I am assisted in forming my judgment by the testimony of those who have taken both medicines. I have had intercourse with many of the most distinguished scientific characters of this kingdom, who are conversant both with the appearance and properties of the french remedy; and they are unanimous in expressing their

*convictions, that the two compositions are identically the same.*

**REYNOLD'S GOUT SPECIFIC.**—This composition has but very recently been offered to the public by Mr. Reynolds, a vender of patent medicines at Enfield. Here again the active ingredient is most decidedly the colchicum. The bottle of this medicine consists of six drams of Mr. Want's tincture of colchicum, (which may now be procured of almost every druggist,) coloured by about fifteen drops of the syrup of red poppies, and flavoured and scented by the same quantity of rum. This mixture is so precisely similar to Mr. Reynold's specific, that even the warmest votaries of the latter shall not be able to discover any difference between them, either in their sensible qualities, or in their operative effects. Mr. Reynold's medicine, therefore, must enter the same class with Mr. Want's tincture, and with

the eau medicinale, and of course becomes obnoxious to the general charges which have been brought against those medicines.

#### DISCOVERY OF THE TINCTURE.

About the time when the eau medicinale first attracted the attention of the British public, and before its deleterious qualities and its want of permanent efficacy had been so fully ascertained as they now are, I entered on a long series of laborious and expensive experiments, with a view to discover the secret of its composition. In the course of these experiments I made those trials with the colchicum to which I have referred, page 68, but its effects as a medicine were of a nature too unsatisfactory to allow me to persist in its use. I continued therefore to direct my attention to the discovery of a new remedy for the gout; and after trying in succession a great variety of

vegetable substances, I at length succeeded in the discovery of THE TINCTURE, which I have the happiness of stating now receives and repays the public attention. On the subject of its composition I pledge myself that it is essentially different from every former preparation that has hitherto been offered to the public in the cure of the gout; and that no one of those particular substances which enter into, or have been supposed to enter into their several compositions, as far as they have come to my knowledge, forms a component part of my medicine.

I was of course well aware that by keeping the composition of this medicine secret, I exposed myself to some degree of censure, even from the liberal part of my profession: to the coarse and low abuse of the illiberal part of it, I am perfectly invulnerable. To the latter no apology, no extenuation, no

explanation of this extensive and extending practice is due. To the former, I might urge the sacrifices I have made both of property and time, in conducting a course of experiments wholly unconnected with the usual routine of medical practice, and that some remuneration should await my labours ;—that two sources of compensation are only open to me—the government of the country, or the people at large ;—that the former mode requires a parliamentary interest, which I do not possess, and a pecuniary sacrifice which I am unequal to make ;—that I have a right to appeal with confidence to the latter ;—that whatever discoveries any man is able to make, are as much his property as the estate which he purchases or inherits ;—that society has a right to enjoy the benefit of his labours, but his labours have a claim to be rewarded in return ;—and that no system of remuneration can be more equitable than that by

which it is derived from the individuals who receive the benefit: a principle on which almost all the intercourse of society is conducted.

I beg leave further to refer to the general reasoning adduced in parliament in support of the rewards granted by the two houses to meritorious individuals, whose discoveries have been of great public utility. Every word there uttered supports my claim. The strength, the propriety, and the justice of those arguments I submit to my country.

Many of the profession, endowed with liberality sufficiently abundant, exercise however a stronger and more fatal impediment to the introduction of these secret novelties, and refuse to exhibit medicines of whose component parts or individual ingredients they may be ignorant. This practice must be of rather a recent origin. Whence and from what resources, even from the infancy

of the healing art, have flowed the use of the whole *materia medica*? From bold chance, from casual discovery, from ingenious conjecture the whole has arisen, which either experience or experiment has afterwards rejected or confirmed. Theories have given way to theories. Practice has been altered and varied by changes without end. And of the intrinsic or essential properties of many medicines, the learned and the unlearned remain in the same dark ignorance as they are in respecting the principles on which their agency depends. Indeed we know nothing of the properties of any remedy whatever, but what is discovered from its effects. The value of any medicine, whether secret or otherwise, is therefore a practical question, to be determined by fact; and is just in proportion to the degree in which the benefit derived from its exhibition exceeds the evils which may result from its use, when taken agreeably to the prescribed di-

rections. Upon this plain and self-evident rule I have relied for the decision of the public upon the fate of the tincture ; nor has the result disappointed my expectations. It has been tried in many hundred instances, without either producing injurious consequences, or failing in its effects, unless when the rules prescribed have been violated ; or it has been used in cases to which I have never professed to deem it applicable. So far is the tincture from being liable to any of the objections which have been urged against the use of former remedies for the gout, that it has been proved by ample experience to promote the healthy action of the digestive organs, to correct morbid irritability, and ultimately to improve the general health of the patient.

THE MEDICINAL PROPERTIES AND USE OF  
THE TINCTURE.

I proceed now to give an account of the

medicinal properties of the tincture, and of the proper methods of taking it, in the several forms of gout to which it is applicable ; including some observations on regimen, and other circumstances necessary to be attended to in its administration.

In its general mode of operation the tincture acts as a sudorific, a cathartic, a diuretic, and sometimes as an emetic ; and these evacuations being salutary, ought to be encouraged. Its operative effects will be promoted by drinking from time to time a cup of weak ginger tea, or of an infusion of sage, peppermint, or other aromatic herbs ; or of any other kind of mild diluting beverage, as barley water, toast and water, or common tea.

**PREPARATORY TREATMENT.** — It is highly proper in every form of gout where the stomach is greatly disordered, or where

the bowels are irregular or costive, to relieve them by some gentle purgative, or by an injection, on the night or the morning preceding the use of the tincture. It is perhaps not very important what particular aperient is resorted to for this purpose; provided it is adapted to operate with certainty and mildness. In all general cases, however, no medicine is more proper, as a preparative to the tincture, than "**THE COMPOUND DECOCTION OF ALOES**" of the London Pharmacopœia, in a dose of from one to two ounces. But if a more active aperient be required, either "**THE COMPOUND POWDER OF ALOES,**" made into pills, or, the still more active "**COMPOUND EXTRACT OF COLOCYNTH,**" may be advantageously employed, in doses of from ten to fifteen grains. Where aloetic purgatives are improper, as in cases of piles, the following prescription is well adapted to these purposes: take of

the powder of jalap, one dram; gamboge in powder, fifteen grains; the oil of cloves, eight drops; simple syrup, sufficient to form fifteen pills: one or two to be taken for a dose.

**TREATMENT OF THE PAROXYSM.**—The bottle contains two drams of the tincture, or one hundred and twenty measured drops or minims, and will commonly be sufficient to effect a cure of the paroxysm: but as no violent operation is necessary for this purpose, this quantity should be taken in two, three, or four separate doses, as circumstances may require.

*First dose.*—In all general cases, where the attack of gout is severe, and the constitution of the patient unimpaired, the proper dose of the tincture is ONE DRAM, OR HALF THE BOTTLE, to be taken in rather more

than an equal quantity of water. As the warmth and quiet of the bed, and a recumbent posture, are favourable to the operation of this medicine, the most desirable time for taking it, is at night when going to bed; and it should be taken on an empty stomach, or at least, three or four hours after the last meal, which should be light and of easy digestion.

*Second dose.*—Although the above dose of the tincture may be expected to subdue the most distressing symptoms of the paroxysm, a second, equal to the first, should be taken after an interval of TWENTY-FOUR HOURS, to complete the cure.

*Exceptions to the general mode of treatment.*—1. When the first dose is followed by any considerable operation on the stomach or bowels, it will be proper to defer

the second until after an interval of **FORTY-EIGHT HOURS**; and it should be repeated in the same, or in a smaller quantity, according to circumstances.

2. Females, and persons of debilitated or irritable habits, should take no more than **FORTY DROPS**, or a third part of the bottle, for a dose.

And, 3. Persons who are very aged, or very young, or whose constitutions have been greatly impaired, should be careful not to exceed **THIRTY DROPS**, or a fourth part of the bottle, for a dose.

In all these cases the patient must persevere in the remedy till he has taken the whole bottle, the dose being repeated each night, or each other night, according to the degree of its operative effects. It is to be observed that the good effects produced are by no means in proportion to the largeness of the dose, or the violence of its operation,

but the happiest results are to be expected, when, from moderate doses, its mode of operation is of the gentle kind.

*Regimen in the paroxysm.*—During the continuance of the paroxysm, a cooling regimen should be strictly observed, with the exception of a free exposure to cold. The extraordinary use of flannel, heavy bed clothes, and heated apartments, must be carefully avoided; as well as fermented liquors, animal food, milk, eggs, and every kind of substance that is difficult of digestion. The patient for the first day or two will probably have but little inclination for food. Weak broths, arrow root, water gruel, sago, and other light farinaceous substances, will best suit the state of the stomach, and favour the effects of the medicine.

Persons however of debilitated habits, or of weak stomachs, may occasionally be sup-

ported with a more nutritive diet, and may be allowed, even under the paroxysm, a discreet use of wine, or of spirits, but the latter should be uniformly mixed with some of the diluting articles of diet above mentioned, agreeably to the taste of the patient.

*The particular effects of the tincture.—* The first particular effect commonly produced by the tincture is that of perspiration, which however does not uniformly occur. After a very few hours the patient begins to experience some abatement of pain, when, for the most part, he falls into a refreshing sleep. On waking, he finds himself already greatly relieved, and enjoys some returning use of the affected limbs. In the morning he not unfrequently feels a degree of nausea, sometimes attended by vomiting, which is commonly followed in the course of the day by some bilious evacuations from the bowels.

In many cases, however, it does not operate in this way, till after the second dose has been administered, and very frequently it does not produce any sensible operation whatever on the stomach or bowels. In the mean time, the pain, the inflammation, and all the febrile symptoms, continue rapidly to subside, and commonly at the end of two or three days, little more of the complaint remains than a slight swelling and stiffness of the parts, which soon go off.

Its salutary effects on the digestive and other organs are no less apparent and remarkable. The tongue, before dry and furred, becomes clean and moist; the urine, before scanty and high-coloured, is increased in quantity, and assumes a healthy appearance; the fæces recover a healthy character; the bowels become more regular; the appetite returns; the nervous system becomes tranquil; and the patient, after a

few days, has the happiness to experience a general amendment in his health and spirits.

**THE CONVALESCENCE.**—The patient in a state of convalescence is required to observe a strict temperance in diet, and an extreme moderation in the use of fermented liquors. A costive state of the bowels must be carefully avoided by the occasional use of some gentle aperient, and perhaps none are more convenient or better adapted to produce this salutary effect than those mentioned, pages 79—81. Flannel or fleecy hosiery should be worn next the skin, and the joints, which are often excessively weakened from the previous paroxysm, should be frequently and diligently rubbed with the hand or the flesh brush. Where the energy of the parts is very defective, warm stimulating liniments, such as the “liniment of

ammonia," or the "compound liniments of soap, or camphor," of the London Pharmacopœia, should be applied with a like diligent friction, and the limb or joint afterwards covered and bound up with a flannel or calico roller, adapted to the season. When the patient is restored to sufficient strength, he must avail himself of the benefit of exercise : at first it should be very gentle, and always of a degree and kind proportioned to his strength, carefully avoiding the extremes of indolence and of fatigue. But nothing is of more absolute importance at this convalescent period than that the patient should most cautiously avoid any sudden or continued exposure to cold, which is the most frequent as well as the most powerful of all the causes to induce a speedy relapse.

As a general rule it is proper after the removal of the paroxysm, by larger doses, to

continue the use of the tincture every night, or every other night, for a week or longer, in smaller doses, varying according to circumstances, and with relation to the quantity of the original dose, as a fourth, a sixth, or an eighth part of the bottle. This mode of exhibiting the tincture in the convalescent state is more particularly indicated in cases where the gouty predisposition is strongly engrafted in the habit, and especially where from an incautious exposure to cold, excessive fatigue, free living, or from any other cause, any symptoms occur which denote a strong disposition to a relapse, which may by this treatment be timely prevented.

**EARLY USE OF THE TINCTURE.—**In every case, and under all circumstances, a very speedy and complete recovery from the paroxysm, and subsequent restoration of health, will much depend on the early

exhibition of the tincture. For when the paroxysm has been suffered to run a long and neglected course previous to the use of the remedy, so as to have induced a great degree of both general and local debility, a longer time will necessarily be required, after the inflammatory action of the paroxysm shall have been perfectly removed, to invigorate the enfeebled limbs, and to restore the general health, than where the tincture has been recurred to at a more early stage of the disease. As a general rule, therefore, I should earnestly recommend the patient uniformly to resort to the use of it as soon as he has any symptoms indicating the approach of the disorder. By a strict observance of this rule, I can from much experience truly affirm that, in most cases, every pernicious consequence resulting from more protracted paroxysms may be entirely avoided. Where, however, the

constitution has already been much impaired by former severe paroxysms, those salutary effects, which in more recent cases uniformly result from the early use of the remedy, will not of course take place in an equal degree, or to the same extent, as where the constitution has more slightly suffered from the disease.

**RELAPSE.**—This disease is amongst many others peculiarly liable to frequent returns, especially on the application of any of the exciting causes before mentioned. The patient must therefore necessarily conduct himself with the utmost attention to avoid the danger of a relapse. The speedy action of the tincture in removing the paroxysm must not throw him off his guard in neglecting any of those cautions which I have endeavoured to press upon his notice. If, however, from the presumption of a per-

manent cure, and careless of the rules I have laid down for the subsequent treatment of the convalescent, or from any other cause, a relapse should occur, the patient must again submit himself to the use of the tincture, as directed for the original attack.

**TREATMENT OF THE ATONIC GOUT.—**

The symptoms of the atonic gout, by which it may be distinguished as well from the regular paroxysm as from the retrocedent and misplaced varieties, have been already described, pages 12-14. Here, however, it may be proper to observe, that in the regular gout the most prominent feature of the disorder is the inflammatory affection of the joints, whilst the stomach is for the most part but slightly affected. In the atonic, on the contrary, the joints are but a little if at all inflamed, whilst the stomach is more particularly and decidedly the seat of the disor-

der. Hence, in the treatment of the atonic gout, the patient ought not only to avoid all debilitating causes, but should employ proper means to strengthen the stomach, and to improve the general health.

The most effectual medicines for strengthening the stomach, are the preparations of iron, the peruvian bark, and bitters combined with aromatics; but care must be taken that they be not constantly employed for any great length of time.

When the stomach is affected with indigestion, frequent gentle emetics will be serviceable; proper laxatives should be employed to obviate, or to remove costiveness; and the Bath waters may be drank with considerable advantage.

When the joints are affected with inflammation, of the feeble or passive kind, accompanied with swelling of the parts, but with little or no pain, as commonly occurs

in this variety of the disease, the tincture is only useful in very small doses as an alterative. In this way from FIVE TO FIFTEEN DROPS\* may be taken every night, or every other night, for a month or longer, according to circumstances. The salutary effects of the medicine may be promoted by taking it, either with a saline draught, or with an ounce and a half of camphor mixture, to which one or two drams of the tincture of aloes may be added, as the state of the bowels may require. In two cases of atonic gout which have lately occurred within my observation, an alterative course of the tincture, as above directed, was eminently conducive to an improved state of the health: and in another case, in which a disordered state of the digestive organs was accom-

\* By "drops" here and elsewhere are to be understood "measured drops or minims:" one minim being nearly equal to two drops from the neck of the bottle.

panied with incessant headaches of several months duration, this mode of exhibiting the tincture was attended with complete success.

The occasional employment of the compound calomel pill, or of the common blue pill, as an alterative, in a dose of four or five grains each other night, is recommended by Dr. Scudamore.

The patient must take frequent exercise on horseback, and moderate walking proportioned to his strength ; and must be treated in every respect on the same general principles as have been already recommended in cases of recovery from the regular gout ; excepting that in this form of the disease, a more generous and nutritious diet, and a larger proportion of wine of the least acescent quality, may be given. But if every kind of wine shall be found to increase the acidity of the stomach, then ardent spi-

rits and water, in small quantities, without any addition of either sugar or lemon, may be substituted. In the atonic gout, or in persons liable to it, it is especially necessary to guard against cold; and the most certain means of doing this, is by repairing to a warm climate during the winter season.

TREATMENT OF THE RETROCEDENT GOUT.—This variety of the gout assumes such various appearances, and is frequently connected with such distressing and even fatal consequences, that it will seldom be prudent for the patient or his friends to attempt its cure, without at the same time availing themselves of the assistance of some able and experienced practitioner.

The retrocedent gout, as described pages 14, 15, attacks either the stomach, the bowels, the heart, the lungs, or the head. The following rules for general treatment are

recommended by Dr. Cullen. "When this affects the stomach and intestines, relief is to be instantly attempted by the free use of strong wines, joined with aromatics, and given warm; or if these shall not prove powerful enough, ardent spirits must be employed, and are to be given in a large dose. In moderate attacks, ardent spirits impregnated with garlic, or with assafœtida may be employed; or, even without the ardent spirits, a solution of assafœtida with the volatile alkali may answer the purpose. Opiates are often an effectual remedy, and may be joined with aromatics, as in the *electuarium opiatum*; or they may be usefully joined with volatile alkali and camphor. Musk has likewise proved useful in this disease.

"When the affection of the stomach is accompanied with vomiting, this may be encouraged by taking draughts of warm wine,

at first with water, and afterwards without it ; having at length recourse, if necessary, to some of the remedies above mentioned, and particularly the opiates.

“ In like manner, if the intestines be affected with diarrhœa, this is to be at first encouraged, by taking plentifully of weak broth ; and when this shall have been done sufficiently, the tumult is to be quieted by opiates.

“ When the retrocedent gout shall affect the lungs, and produce asthma, this is to be cured by opiates, by antispasmodics, and, perhaps, by blistering on the breast or back.

“ When the gout, leaving the extremities, shall affect the head, and produce pain, vertigo, apoplexy, or palsy, our resources are very precarious. The most probable means of relief, is blistering the head ; and if the

gout shall have receded very entirely from the extremities, blisters may be applied to these also. Together with these blisterings, aromatics and the volatile alkali may be thrown into the stomach."

When the above modes of treatment fail of affording relief, I am much inclined to advise the use of the tincture in the same manner as recommended in the regular gout. An instance will be found (in the Communications) of a respectable clergyman in the west of England, who received the most important benefit from the tincture when labouring under violent spasmodic attacks of gout in the head and stomach, after having tried various other means without receiving any benefit. As, however, this variety of gout is not unfrequently a consequence of neglected or protracted paroxysms of the regular gout, I am most confident that it might be frequently prevented by an imme-

diate application to the tincture upon the first attack of the paroxysm, and before it has attained this decided form.

#### TREATMENT OF THE MISPLACED GOUT.

—This variety of the gout has been described, page 16, and is said to occur when the inflammatory affection of the gout, instead of falling upon the extremities, falls upon some internal part. In this case the tincture will be of no avail, but the disease is to be treated by blood-letting, and by such other remedies as would be proper in an inflammation of the same parts arising from other causes.

Whether the translations so frequently made from the extremities to the kidneys, or neck of the bladder, or rectum, are to be considered as instances of the misplaced gout, seems, as Dr. Cullen observes, uncertain. I am very much disposed to think

with him, that these attacks are rather instances of the retrocedent, than of the misplaced gout; and that in such cases the usual remedies for inflammation should be employed no further than they may be otherwise necessary in those diseases, arising from other causes than the gout.

#### PREVENTIVE TREATMENT.

It has been observed, in a former part of this treatise, that in all persons predisposed to the attacks of the gout, it appears to be excited into action by every cause which increases the fulness of habit—induces debility—or interrupts digestion. It follows, therefore, that the most judicious preventive treatment consists in employing such means as are best suited to correct the disposition to a plethoric habit—improve the general health—and assist the digestion. The following few plain rules, if carefully observed,

though they may not absolutely prevent the inroads of the gout, will go far to obviate its frequent return.

1. All the exciting causes of the gout must be carefully avoided: these have been enumerated in pages 19—29, of this treatise. The patient must therefore observe a strict temperance, abstaining as much as possible from fermented liquors, full meals, indigestible food, acids, and whatever has a tendency to produce acidity in the stomach; use as much exercise as circumstances will permit, avoiding the extremes of indolence and fatigue; keep regular hours; be cautious of cold; shun all excesses, whether in the pursuit of pleasure or the application to business; and study to preserve a tranquil disposition of mind.

Some physicians have recommended water as the only proper beverage to be taken

at meals ; but small beer, where it agrees with the stomach, is to be preferred to plain water, as the latter is more ready to occasion costiveness, which in gouty habits is always to be carefully avoided.

Animal food, and high seasoned dishes in particular, must be sparingly taken, as tending to produce a plethoric habit ; and dried or salted meats are to be avoided, as hard of digestion ; whilst a diet consisting entirely of vegetable aliment is in danger of inducing debility, or indigestion.

The daily exercise of walking, or riding on horseback, proportioned to the degree of strength, and regularly pursued, is of essential importance to arthritic invalids, as it tends especially to prevent a plethoric habit, conduces to the general health, and promotes digestion.

The patient ought to be particularly care-

ful to guard against exposure to cold and moisture; and should endeavour to preserve the body in as regular a temperature as possible, most carefully avoiding the extremes of heat and cold. He should wear flannel or fleecy hosiery next to the skin, keep his feet constantly warm and dry, and proportion his clothing to the state of the weather, the season of the year, and the exercise in which he has to engage.

As the attacks of the gout are most common in the spring and autumn, a greater degree of abstinence and care will be necessary at those seasons than at any other time of the year. A strict regard to regimen, however, is necessary, not only for a few months, or at particular seasons, but during the whole of life, as many instances have been known of persons, who, returning to a full diet after a temporary abstinence, have ex-

perienced renewed visits of the gout, with circumstances of augmented violence or danger.

2. Persons in the decline of life, or whose constitutions have been from any cause reduced to a state of great debility, or in whom a disposition to the atonic gout prevails, must be exceedingly careful, lest, in endeavouring to avoid luxury and indolence, they should adopt a regimen which is too meagre to afford them the requisite support ; or practise exercise too violent for their slender portion of strength.

In persons who early in life shew the predisposition to gout, it is probable that a low diet, with constant bodily exercise, might entirely prevent the attacks of the disease ; but in persons more advanced in life, who have been accustomed to full living, and where the disorder is strongly ingrafted in the ha-

bit, the extremes of abstinence or exercise might induce more violent and dangerous returns of the disorder.

3. The changes which it may be requisite to make in the manner of living should rather be gradual than sudden. The advice of Dr. Pitcairn to a Highland Chieftain, who had been accustomed to drink every day a large bowl of whiskey, and was desirous of breaking off the habit, is well deserving of attention. He directed him to melt every day as much wax into his bowl as he could cover with the impression of his seal : thus the quantity of the whiskey was every day diminished, and the habit got rid of, with the least violence to the constitution. This rule will apply as well to exercise as to temperance ; for if persons of indolent or sedentary habits should suddenly embrace a course of severe bodily exercise, this might

either expose them to the evil they so much labour to shun, or be attended with some other pernicious consequences.

4. All persons liable to the gout should carefully avoid a costive state of the bowels, as this generally precedes, and is connected with, the attacks of this disorder. The occasional employment of any of the aperient medicines recommended pages 79—81, will be highly proper: and small doses of the powder of rhubarb, sulphur, or magnesia, taken every day, have been found particularly useful in many gouty cases. Cheyne mentions one instance, in which the powder of rhubarb, taken every morning for six months, prevented the gout for years; and several, in which the same effect was produced by the flowers of sulphur, taken twice a day. Magnesia, taken in a similar man-

ner, has frequently proved very beneficial in gouty habits : during the continuance of this medicine, some have enjoyed so wonderful an exemption from the tortures of gout, that they could scarcely attribute their relief to a medicine so apparently unimportant. In the prevention of the gout, the use of any aperient mineral water is highly advantageous. It is proper, therefore, for those who have the opportunity and the means, to pay occasional visits to the purgative mineral springs, such as those of Cheltenham, Lymington, &c.; but it ought to be held in mind, that they will be no longer useful than while the bowels are kept in a sufficient state of activity.

5. With the view of exciting healthy secretions, Dr. Scudamore recommends a cautious use of the blue pill, or compound calo-

mel pill, to be administered in the intervals of the paroxysms in doses of four or five grains every other night.

6. Persons much debilitated in consequence of severe or frequent attacks of the gout may have recourse to tonic medicines with advantage; such as the peruvian bark, columba, gentian, and chalybeates, either separately, or in conjunction with aromatics, as these are suited to restore the tone of the system in general, and are particularly useful in strengthening the organs of digestion.

7. The prevention of frequent returns of the gout, if what has been before observed with regard to regimen and other circumstances be properly attended to, may also be promoted by a regular course of the tincture, administered during the intervals of the fits in small or alterative doses, as recommend-

ed in the treatment of the atonic gout. As the actual cure of the paroxysm by the use of the tincture, probably depends upon its correcting the morbid condition of the digestive organs, so, in the intervals of the disease, this mode of exhibiting the tincture will be useful by its promoting digestion, and thus improving the general health, and protracting the attacks of this disorder. But it ought always to be kept in mind, that these salutary effects will be of no longer duration than while the patient observes a strict temperance, and carefully avoids the several exciting causes of the disease before mentioned.

8. When any sensations are experienced, which indicate the approach of a paroxysm, this may often be prevented by having immediate recourse to the tincture, in doses varying from a fourth to a sixth or an

eighth part of the bottle, taken every night, or every other night, for a longer or a shorter time, as circumstances may require.

From the arguments that have been advanced in this treatise, and the evidence that will be found in the appendix, the reader may rest fully assured that the interruption of the paroxysm, by the combined method of practice which I have recommended, has not been attended with any of the serious objections to which many remedies are liable, nor has this practice any tendency to induce an earlier return of the paroxysm. If the patient, overjoyed with his speedy recovery, should take too early an advantage of his amendment, or neglect the rules which should direct his conduct in a state of convalescence, this is not a fair impeachment of the propriety of the treatment. I can with truth affirm, that by a skilful ma-

nagement of the tincture, exhibiting it in doses adapted to circumstances, and combining its use with a plan of regimen judiciously directed, and continued with due perseverance, even the desirable object of preventing the return of the fits may in great measure be accomplished.

Finally, I beg leave to observe, that a strict attention to the preceding rules concerning temperance, exercise, regular habits, and a discreet use of the tincture, will not only tend to avert the gout, but will have a beneficial influence against apoplexy, palsy, asthma, dropsy, and all the various disorders incident to gouty habits; and by improving the general state of the health, will furnish to gouty invalids the best means for prolonging the probable duration of human existence.

### RHEUMATISM.

The RHEUMATISM, like the gout, is a terrible scourge to human nature. It is, indeed, in one respect, more formidable, as it has a wider range; not confining its visits to those who live in habits of indolence and luxury, but attacking with great violence even the lower and more laborious orders of society. The gout is in many instances a tax which is paid by the wealthy for sensual indulgence; but the rheumatism not unfrequently arrests the exertions of industry, and obliges the poor man to pass a long and painful interval, deprived alike of the rewards of labour, and the refreshment of rest.

The rheumatism is divided into acute and chronic; of the former only I propose at present to treat.

**ACUTE RHEUMATISM.**

The acute rheumatism is thus defined by Dr. Cullen. “**RHEUMATISM.**—A disease from an external and often an evident cause; fever; pain about the joints, following the course of the muscles, fixing upon the knees and larger joints, in preference to those of the feet or hands, increased by external heat.”

**THE SYMPTOMS.**—The acute rheumatism is particularly distinguished by pains affecting the joints, pursuing the course of the muscles connected with them, and much increased by motion or warmth. The larger joints are most exposed to the attacks of this disorder, as the knees, hips, shoulders, and elbows; the ankles and wrists are also frequently affected, while the smaller joints, such as those of the toes or fingers, seldom

suffer. A joint that has been attacked with pain, becomes affected with redness, swelling, and exquisite soreness to the touch. When the attack is confined to one joint, it is very rarely attended with any fever or general indisposition; but when several joints are affected at the same time, or in quick succession, it is invariably accompanied with the symptoms of fever.

The rheumatic fever is thus accurately described by Dr. Haygarth, who writes from his own exact observation during a long period of years. “The rheumatic fever, in common with most others, begins with chilly fits, succeeded by increased heat, frequent pulse, thirst, loss of appetite, and prostration of strength. The symptom peculiar to this disease is an inflammation of the joints, which often increases to great violence, with swelling, soreness to the touch, and sometimes redness of the skin. It attacks most,

if not all the joints of the body in different patients; often two, three, or more joints at a time, leaving some and going to others in succession, frequently returning again to each of them several times during the disease. The muscles are also affected, but less generally and less severely than the joints. The patient, being unable to find an easy place for the diseased limbs, often remains restless and watchful for many days and nights together. Sweats appear spontaneously, or are easily excited by remedies, frequently to a profuse degree. The urine is, at first, high coloured, and afterwards lets fall a red sediment. The blood is generally covered with an inflammatory crust."

Dr. Scudamore remarks that the perspirations which take place in this disease though apparently an effort of nature to give relief, are seldom productive of advantage, and very commonly serve only to increase

debility. "The anxious physiognomy of a patient," he observes "under a fit of rheumatism, marks the severity of the disease; and, together with this language of the features, there may be observed a peculiar relaxation of the skin of the face, which is pale and flushed alternately, and for the most part bedewed with a greasy kind of moisture. In the same manner as in the gout, the pain is often alleviated in proportion as the inflammation appears external with redness on the surface. The most intense state of suffering is in the affection of the deep-seated parts, and before the blood is propelled into the cutaneous vessels."

An increase of the febrile symptoms is experienced every evening, and a remission every morning; and the pains are most severe and most apt to shift their places in the night time. Though the fever be manifestly inflammatory, yet the patient is fre-

quently in a low state, even to the danger of swooning.

This very formidable and painful disease usually afflicts the patient for many weeks, or even months, according to the predisposition to the disorder, the violence of the attack, and the efficacy of the remedies which are employed to remove it. It however seldom happens that the fever continues to be considerable for more than two or three weeks; as this diminishes, the pains become less violent, more limited, and less subject to change their places, being confined to one, or to a few joints, the disease now assuming or partaking of the nature of *chronic rheumatism*, which not unfrequently remains a companion for life.

**THE CAUSES.** — The acute rheumatism seldom appears either in very young persons, or in persons far advanced in years,

but most commonly occurs from the age of puberty to that of thirty-five. Persons of both sexes, and of every habit of body, are liable to its attacks, but it more frequently visits males than females, and especially such males as are of a sanguine temperament. It is most frequently occasioned by a sudden exposure to cold after the person has been over-heated, or by cold applied to one part of the body while the other parts are kept warm. It is also often occasioned by the long continued application of cold, particularly when combined with moisture, as when damp or wet clothes are applied to the body or extremities for any considerable length of time. It occurs most commonly in the spring and autumn, when the vicissitudes of heat and cold are the most frequent and sudden; but no part of the year is exempt from this malady. It has also been remarked, that it is more usual in cold than

in warm climates. Its proximate cause is supposed to be an inflammation of the membranes and tendinous expansions of the muscles.

**THE DIAGNOSIS, OR DISTINCTION BETWEEN THE ACUTE RHEUMATISM AND OTHER DISEASES.**—In many patients it is very difficult to distinguish whether the disease be gout or rheumatism; and sometimes the gout is combined with rheumatism, producing that complicated disorder which is called **THE RHEUMATIC GOUT**. In most cases, however, the gout and rheumatism may be distinguished from each other by observing the following circumstances. The acute rheumatism usually makes its attacks at an earlier period of life than the gout, and is accompanied with a greater degree of fever, but with much less affection of the stomach. The gout generally seizes on the smaller

joints, and seldom attacks more than one at a time; whereas the acute rheumatism more commonly affects the larger joints, and several of these often at the same time, the pains also shooting along the course of the muscles. It is not observed to be connected with an hereditary predisposition as is frequently the case with gout; and it can more commonly be traced to some obvious exciting cause, particularly to the action of cold.

It is very important to observe the proper distinction between the acute and chronic forms of rheumatism, as it is to the former, or acute species of this disorder, that the tincture is more particularly applicable. Though the precise limits between the one disease and the other are not always strongly marked; yet, for the most part, they may be easily distinguished from each other by comparing the following descriptions. When the pains readily shift their places; when they are

more severe in the night; and are at the same time attended with fever, swelling, and especially with redness of the joints; the disease is the acute or inflammatory rheumatism. When, on the contrary, there is no longer any fever remaining; when the pained joints are without redness; are cold and stiff, and will not readily perspire; and when, especially, the pains of the joints are increased by cold, and relieved by heat; the rheumatism is of the purely chronic kind. It is also worthy of remark, that persons affected with the chronic rheumatism, are frequently able to foretel the changes of the weather, from the severe pains they at such times experience.

**THE PROGNOSIS, OR PROBABLE EVENT OF THE DISEASE.—**The acute rheumatism is seldom, if ever, a fatal disease while it remains in its proper seat—the muscles and

joints; and when not combined with other maladies of a more dangerous tendency. But it sometimes proves fatal, either by a translation of the inflammation to the brain, heart, lungs, stomach, or some other vital part; or as being found in combination with other diseases. It commonly terminates favourably, either by a general moderate perspiration, a gentle diarrhoea, the urine depositing a copious red sediment, or by a cutaneous eruption.

THE TREATMENT.—The acute rheumatism is an inflammatory disease, and like other inflammatory diseases, requires to be treated upon the cooling or antiphlogistic plan; observing a total abstinence from animal food, and from all fermented or spirituous liquors; and substituting a diet consisting of weak broths, water gruel, sago, arrow root, or other farinaceous substances,

together with the plentiful use of mild diluent drinks.

*Aperients.*—As a general rule it will be proper at the commencement of the attack of this disorder to relieve the stomach and bowels by the use of some cooling aperient medicine, such as the mild mercurial purgatives, and neutral salts. For this purpose a dose of calomel may be administered at bed time, and some Epsom salts on the following morning, joined either with the infusion of roses, or of senna.

*Bleeding.*—In cases where the patient is of a very full or plethoric habit, and where the inflammatory disposition is very considerable, a few ounces of blood may with advantage be taken from the arm, but it ought ever to be held in mind, that those large and repeated bleedings on which

medical practitioners have hitherto placed their chief reliance, are with respect to this disorder not only useless but dangerous. Rheumatic patients are by the loss of blood freed rather from the faculty of feeling, than from the cause of their painful sensations, which repeatedly return on their recovering from the temporary exhaustion, while blood-letting, by inducing an obstinate chronic form of the disease, has made more cripples than it has effected cures. Dr. Sydenham much laments the necessity which was then believed to exist of repeated bleeding in the inflammatory rheumatism, and expresses his anxiety for discovering some other method of treating this disease.

THE TINCTURE.—It is of the highest importance to all rheumatic sufferers that a sovereign remedy for this disease is at length discovered in the tincture, which is capable

of safely and completely removing, in a short space of time, the severest attacks of this formidable disorder ; thus superseding, in most cases, the necessity of bleeding, and the use of other remedies hitherto employed, which have been found in almost every instance but of little efficacy in the disease.

The general rules which are laid down in pages 81—84 of this treatise, respecting the exhibition of the tincture in the regular gout, are strictly applicable in the acute rheumatism. Thus, in all general cases, the most proper dose of the medicine is ONE DRAM, or half the bottle ; though females, and persons of debilitated irritable habits, should take no more for a dose than FORTY DROPS, or a third part of the bottle ; and very young, or very aged persons, a still smaller quantity ; which doses may be repeated every night, or every other night, according to the circumstances there mentioned.

In this disease, however, it generally happens, from the excessive inflammation that prevails, that a greater number of doses of the tincture are required to remove the attack, than are necessary in the gout; and therefore in rheumatic cases, it is proper, in order to complete the cure, to continue the medicine, either in full doses as above directed, or in doses of **TEN DROPS OR MINIMS**, taken at regular intervals of four, six, or eight hours, according to the violence of the attack, the strength of the patient, and the effects of the remedy. In this way it may be taken with an infusion of roses, a common saline draught, or some camphor mixture.

The recovery of the patient will be effected sooner or later, according to the length of time the disease has been permitted to remain before application is made to the tincture. If the remedy be employed in an

early stage of the disorder, the patient has the happiness to experience a cure in the short space of four, five, or six days; but if several days have been suffered to elapse before recurring to the medicine, the recovery is for the most part proportionably retarded. Under any circumstances, however, of purely acute or inflammatory rheumatism, I venture to affirm, from most extensive experience, that the cure may commonly be effected in as few days, by the use of the tincture, as it would require weeks, according to the ordinary methods of treating this disease.

It is here of importance to observe, that the tincture is of no avail in the cure of the purely *chronic* rheumatism; and that if the disorder have been so long neglected, that it has begun to assume the chronic form, the patient is not to expect the same degree of benefit from the medicine, as if he had

recurred to it in an earlier, or more inflammatory stage of the disorder.

**THE CONVALESCENCE.**—The inflammatory affection of the joints, which characterises the disease, being subdued by the use of the tincture, the convalescent should be treated in every respect on the same general principles as have been recommended in cases of convalescence after the regular gout, and which have been pointed out in pages 87—89 of this treatise. There are, however, two points which require to be attended to with peculiar care; viz. the avoiding for a few days all exposure to cold, and the continuing the tincture in small doses. For as after the removal of the intermittent fever by the bark the patient is required to persevere for a length of time in the use of that medicine, in order to overcome the disposition of the system to a recurrence of the

disease, so, after the cure of the rheumatism, it is essential to continue the exhibition of the tincture, in doses of a fourth, sixth, or eighth part of a bottle, every night at bed time, for at least ten days or a fortnight, to prevent a relapse, which, without such precaution, is always to be apprehended.

The general health and strength of the patient may at this time be further promoted by the peruvian bark, taken in suitable doses three or four times a day, as the particular circumstances of the recovery may demand.

**CONCLUSION.—**The extensive medicinal properties of which the tincture is so eminently possessed, afford abundant reason to hope, that it may hereafter be found efficacious in the cure of other maladies besides those which form the subjects of this treatise. I do not, however, wish to indulge in

conjecture, still less to throw out hints which might lead persons destitute of medical knowledge to enter upon any rash or ill-conducted experiments. Should I hereafter, from my own personal experience, or from the extensive correspondence in which I am engaged, obtain satisfactory information of its successful application in other diseases, I shall, after a careful investigation, not fail to communicate the same to the public.

## APPENDIX.

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### CASES OF GOUT.

The following cases, which have fallen under my own observation, afford the most unquestionable evidence of the efficacy of the tincture in the cure of gout. They are inserted in the order in which they have occurred in the course of my practice, and are not selected on account of their extraordinary importance, or any individual peculiarity, as many others, equally valuable, might have been adduced. Indeed, in no instances of gout, or of purely inflammatory rheumatism, in which I have exhibited the tincture, has it either failed of the desired effect, or been attended with any consequences which I should fear to communicate to the public.

## CASE I.

George B. Keer, Esq. of Framlingham, aged 60, has been subject to gout at various periods, during many years, and been a most terrible martyr to this afflicting disease. Previously to his becoming acquainted with this remedy, the paroxysms had greatly increased in number, duration, and severity, so that at length very few weeks of the year were passed without suffering, either from the actual presence of the gout, or from its immediate debilitating consequences. The paroxysm in which this gentleman began with the tincture occurred in November 1811, and had been for several days exceedingly severe and pretty general, affecting his feet, ankles, knees, and elbows, accompanied with fever and general indisposition. The functions of the digestive organs were greatly disturbed; the bowels were costive, the urine was scanty and high

coloured, the tongue dry and furred, and the appetite completely gone. After relieving the bowels by an aperient, I directed the patient to take half a bottle of the tincture at bed time. A gentle perspiration took place in the night, followed by some hours of comfortable repose; in the morning he experienced a slight nausea, which was succeeded in the course of the day by two copious evacuations from the bowels; in the mean time the pains and other gouty symptoms speedily abated. The rest of the bottle was exhibited after an interval of forty-eight hours, and in three days every symptom of the gout had totally disappeared. The tongue became moist and clean, the bowels regular, the urine assumed a healthy appearance, the appetite returned, and the patient became generally convalescent.

Mr. Keer has since experienced several

attacks of the gout, though neither so frequent nor so severe as formerly. One of these occurred precisely on the day twelve-month after he had been seized with the paroxysm which has just been described. On all these occasions the tincture has proved a sovereign and salutary remedy, not only speedily removing the gout, but producing the happiest effects on the constitution. Previously to taking this medicine, the strength of the patient had been so much reduced by repeated and protracted paroxysms, that he was obliged to be wheeled about in a chair, but has now so far recovered the use of his limbs as to be able to walk with tolerable ease. Before, helpless and almost immovable, corpulent and of very full habit, a lethargic disposition prevailed to an alarming degree, but which has also been most happily relieved by the tincture.

## CASE II.

Mr. Thomas Taylor, of Saxmundham, aged 45, of a sanguine temperament and corpulent habit, has, for upwards of ten years, been subject to frequent fits of the gout. In the beginning of November 1811, Mr. T. had a severe attack in both feet, accompanied with heat, swelling, and redness of the parts; but having formed an opinion of the salutary nature of the disease, and of the danger which, as he supposed, might attend the disturbance of the paroxysm, a considerable time was suffered to elapse before he could be prevailed upon to take the medicine. At length, on the 21st of the month, the disorder continuing unabated, and the pains in both feet becoming almost insupportable, he consented to try the effects of the tincture, and accordingly, on the evening of the same day, he took

two-thirds\* of a bottle. In three hours after taking the medicine the patient expressed himself greatly relieved ; the pains had already begun to abate, and soon after he obtained, for the first time since this attack, several hours refreshing sleep. A gentle perspiration occurred in the course of the night, and on the following morning, the medicine operated powerfully on the bowels, producing several bilious evacuations. The paroxysm rapidly subsided, and on the evening of the 22nd, all the symptoms of gout had entirely disappeared.

\* The reader will observe that in this and some other of the early cases, larger doses of the medicine were taken than have since been recommended. This alteration has arisen, from its appearing, on more enlarged observation, that the medicine has operated most beneficially when it has been administered in doses not exceeding half a bottle, as it is then less liable to be hurried through the bowels by much purging, or thrown off the stomach by vomiting.

More than five years have now elapsed since Mr. Taylor first had recourse to the tincture, during which period his general health has been uniformly good ; and though, from a strong predisposition to the disorder, he has had repeated visits of the gout, yet by a judicious management of the tincture, (never of late exceeding half a bottle for a dose), he has been able so effectually to resist the progress of the disease, that attacks, which would otherwise in all probability have long confined him to bed, have been removed so speedily as scarcely to have been attended with any inconveniences.

### CASE III.

Mr. Wright, of Yoxford, aged 34, was seized with a violent fit of the gout in April 1812. The pain in the left foot was extremely severe, accompanied with extensive

inflammation and high symptomatic fever. The patient being of a full and corpulent habit, I directed him to take a whole bottle of the tincture at bed time. The pain in the foot continued with unabated severity all the night, but in the morning, as soon as the medicine had begun to operate on the bowels, the patient experienced a considerable relief from pain and other gouty symptoms: these evacuations, though copious and frequent, were not distressing, nor did they occasion any debilitating effects. The amendment continued progressive, and in less than forty-eight hours the patient was perfectly free from the gout.

In the autumn of the same year, after an exposure to wet and cold, Mr. Wright experienced another attack, equally severe as the former, and took a similar dose of the tincture, which completely subdued the paroxysm in twenty-four hours. He has since

continued to enjoy an excellent state of health, interrupted only by occasional attacks of gout, each of which has been speedily and effectually removed by taking a bottle of the tincture in divided doses, as recommended in the preceding treatise.

#### CASE IV.

Mr. Salmon, of Glemham, aged 64, of a robust habit of body, has been subject to occasional attacks of the gout for many years. In January 1813, Mr. S. was violently attacked in the left foot, which became much swollen, inflamed, and extremely painful. In this state, the patient took half a bottle of the tincture on going to bed : in a few hours the distressing symptoms began to abate, and he fell into a comfortable sleep ; in the course of the following day, the medicine occasioned a slight nausea, and operated on the bowels, producing seve-

ral bilious evacuations, and the gouty symptoms rapidly abated. But in the evening, as some uneasy sensations were still experienced, I directed him to take the rest of the bottle; this occasioned a gentle perspiration during the greater part of the night, and after a few hours completely subdued all remains of the disorder.

Mr. S. had a similar recurrence of gout in April 1813, when the tincture was again exhibited, which in two days enabled him to go abroad, perfectly recovered from the attack.

The patient continued free from the gout till February 1814, when he had an attack in the left foot, which, however, was only slight, and yielded very speedily to half a bottle of the tincture. Mr. S. has had no return of the disease since the above period.

## CASE V.

Mr. Everett, of Leiston, aged 39, of a sanguine temperament, has suffered many severe and tedious attacks of the gout during the last eleven years, and has had occasional symptoms of the disorder from a very early period of life. In January 1813, the patient was violently attacked in both feet and knees; the rapid increase of the symptoms portended a most severe and protracted paroxysm, had it been permitted to take its course. After suffering great agony for two days, he was recommended to have recourse to the tincture, and accordingly took half a bottle at bed time. In a few hours the pains began to abate, but the medicine occasioned no sensible operation on the stomach or bowels. On the following evening I directed him to take the rest of the bottle, which produced most rapid and decided effects. In a few

hours a copious perspiration ensued, which was speedily followed by a general abatement of pain, and afterwards by some hours comfortable sleep ; in the morning the bowels were relieved by three copious bilious evacuations, preceded and accompanied by slight nausea ; and in twelve hours from the time of taking the second dose, the pains, inflammation, and febrile symptoms, had entirely left him : the patient complained only of some degree of weakness and stiffness in the joints previously affected, and a slight uneasiness in walking, which soon wore off.

Mr. Everett having a strong predisposition to the gout, has experienced repeated visits of that disorder, especially in cold or changeable weather ; upon all which occasions he has found the happiest effects from an early application to the tincture. In the month of August, however, 1816, after performing a

fatiguing journey, he found himself suddenly attacked with the gout, in circumstances in which he was not able to procure a bottle of the tincture, and he was advised to make trial of Reynold's gout specific, which in the first instance was tolerably successful in removing the paroxysm. Repeated attacks, however, followed each other in very close succession, and every time that he recurred to this specific, it proved less efficacious, and its consequences were more distressing. At length the disease having become so general that almost every joint was affected, he became abundantly convinced of the inefficacy of the medicine he had employed, and was obliged to recur to the use of the tincture. The terrible symptoms immediately began to subside; he was speedily restored to health; and is happy to express his firm persuasion that no remedy, hitherto discovered, but the tincture, is at once so safe,

and so efficacious for the removal of the gout.

#### CASE VI.

Mr. Luffe, of Benhall, aged 60, has been for many years subject to the gout. In February 1813, Mr. L. was attacked with a severe gouty lumbago, accompanied with fever and general indisposition. After suffering great agony for some days, under the old regimen of patience and flannel, I directed him to take half a bottle of the tincture on going to bed. In less than three hours the gouty symptoms began to subside, and on the following evening the patient was perfectly recovered from the attack.

Mr. Luffe has since enjoyed a good state of health; and though occasionally visited by attacks of the gout, they have been generally very slight, and have always yielded in a very short time to two doses of the tincture.

## CASE VII.

Thomas Mitchell, Esq. of Saxmundham, has been several years subject to the gout. About the middle of February 1814, he was seized with a most tremendous paroxysm in both feet. The muscles of the neck from the ear downwards also became affected. In this deplorable situation the patient lay nearly three months, unable to move in bed, and suffering most excruciating pain, accompanied with the usual symptoms of fever. At length, not being able to obtain any mitigation of his sufferings by other means, he was prevailed upon to make a trial of the tincture, of which he took half a bottle at bed time. The pains were soon somewhat alleviated, and he obtained, for the first time since the attack, several hours comfortable rest. This dose of the medicine produced no sensible operation on the stomach.

or bowels, and the patient was directed to take the remainder of the bottle on the following evening. In a few hours a copious perspiration ensued, and on the following day the bowels were relieved by several bilious evacuations. In the mean time, the symptoms of gout quickly disappeared, and in three days from the time of taking the first dose, the paroxysm had entirely left him. The patient was most agreeably surprised to find, that though for several weeks he had not been able to put his feet to the ground, he could now walk about the room with tolerable ease. Great swelling, stiffness of the joints, and general debility, the effects of such a long and severe attack, of course still remained, but they gradually wore off. Mr. Mitchell has ever since remained perfectly free from gout, and enjoys an excellent state of health and spirits.

## CASE VIII.

The Rev. William Bradley, vicar of Aldborough, was attacked in November 1814 with a fit of the gout, attended with rheumatic symptoms. After suffering a few days, he was desirous of taking the tincture, the efficacy of which he had witnessed in a case nearly similar, that had occurred in his own parish, and he accordingly took half a bottle at his usual time of going to bed. The medicine produced a gentle perspiration the greater part of the night, and the pains in the joints were somewhat relieved in the morning; but at the end of twenty-four hours, some uneasy sensations still remaining, he took the rest of the bottle, which completed the cure.

Mr. Bradley has now for more than two years enjoyed a state of uninterrupted good health, and perfect freedom from gout,

and speaks of the remedy in the strongest terms of approbation.

#### CASE IX.

Mr. Godfrey, of Wenhamston, aged 66, has been for many years subject to frequent attacks of the gout. In February 1815, he had a severe attack in both feet, which were swollen, inflamed, and painful. After suffering most severely for seven weeks, during which time he was entirely confined to his room, and unable to move, he was desirous of trying the tincture, and on the 7th of April took half a bottle at bed time. He rested much better than he had done for several nights. In the morning the pains were greatly alleviated, and he could bear some motion of the affected limbs. The medicine operated three times on the bowels, producing bilious evacuations. On the evening of the 9th, some gout still remain-

ing, I directed him to take the rest of the bottle. The patient had a very comfortable night, and on the following morning was able to dress himself, and walk down stairs with perfect ease, all the symptoms of the gout having entirely disappeared. He complained only of weakness in the joints, induced by previous inflammation, which soon wore off.

Mr. G. has continued perfectly free from gout ever since, being the longest interval from the disorder he has experienced for many years; and is besides much better in every circumstance of his health.

#### CASE X.

The Rev. E. H. Drummond, D. D. rector of Hadleigh, in the county of Suffolk, may be numbered among the greatest sufferers in gout, having experienced many severe and tedious attacks during a great number of

years. In September 1815, Dr. D. had a violent attack in the left foot, left knee, and fingers of the left hand, which were greatly swollen and inflamed, and the joints stiff and immoveable. On the evening of the 22d, he took a third part of a bottle of the tincture, which, considering the smallness of the dose, produced most surprising effects. The first effect was a profuse perspiration; then a comfortable sleep; and, in less than ten hours, a total relief from pain. In the morning, the medicine operated powerfully on the stomach and bowels, producing copious bilious evacuations both by vomiting and stool. In less than twenty-four hours, from being incapable of moving his limbs in bed, he was enabled to rise, and walk about the room; and in five days was able to go abroad perfectly recovered from the attack.

In a letter to a correspondent at Yoxford, dated Southwell, Notts, December 5, 1815,

Dr. D. says, "when you see Dr. Wilson be so kind as to tell him that I have proclaimed the praises of his tincture through the country, and have continued free from gout since I took it; and hope he will insert the extraordinary effects of it in my case in the next edition of his book. A very eminent professional man here thinks so highly of it that he recommends it to his patients."

Dr. D. continued perfectly free from gout until August 1816, when he was again seized in the fingers of the left hand, one elbow, and both feet; but by taking a third part of a bottle of the tincture, three successive nights, the paroxysm totally disappeared, and the patient was enabled in ten days to undertake a journey from Hadleigh to his house at Southwold, a distance of fifty miles, and has since had no symptom of the disorder. The patient is, however, in the habit of living very temperately, partaking

moderately of animal food, and never exceeding two glasses of white wine daily; and in a general way, takes as much exercise as his strength will permit.

#### CASE XI.

Prior Johnson, Esq. of Aldborough, is subject to occasional attacks of the gout, and has, at various times, had recourse to the tincture, in doses of from twenty to thirty drops, with complete success. Though administered in such small quantities, it has never failed, after three or four doses, which he generally takes at bed time, to remove the paroxysm.

In December 1816, after an exposure to cold and wet, the patient was attacked with a severe gouty lumbago, which, in like manner, yielded very speedily to small doses of the tincture. This gentleman speaks of the medicine in the highest terms of approbation.

## CASE XII.

Mrs. Slade, a widow lady, residing at Woodbridge, in this county, has been a great sufferer from the gout for more than twenty years, which disease she inherited from her parents. Of late years the attacks have not been confined to the feet, but have visited with great severity the joints of the fingers, the wrists, knees, and ankles, and have frequently confined her for more than two months at a time.

When the eau medicinale was very generally in use, she was advised by a physician of eminence to take it, and the paroxysms were generally relieved by it; but though she always had recourse to it in very small and cautious doses, not exceeding the fifth or sixth part of a bottle, yet she observed that it invariably left her in such a state of lassitude and general debility, as well as

under such great mental depression, that commonly more than three months elapsed before she could regain her usual state of health, and not unfrequently she had to encounter with a new attack before she had completely recovered from the old one. At length, finding her health on the decline, she was obliged to desist entirely from the use of the French medicine.

Since the more general introduction to public notice of the Tincture, as a remedy for gout, Mrs. Slade has been induced to take it, and very candidly acknowledges, after repeated trials, that its effects, in every instance, have far exceeded her most sanguine expectations. After taking about the fourth part of a bottle, her usual dose, the pains and febrile symptoms have speedily and uniformly subsided, and in twenty-four hours, and sometimes in a less time, the disorder has been entirely subdued, without

any very sensible operation on the stomach or bowels, but always leaving her in very perfect health, and in the complete enjoyment of all the functions of both body and mind. This lady is so highly satisfied with the effects of the medicine, that she has requested me to publish her case, that others of her sex, labouring under similar sufferings, may be encouraged to take it, and may share in the benefit of it.

## CASES OF RHEUMATISM.

## CASE XIII.

Mr. Foulsham, of Yoxford, aged 48, of a robust habit of body, was the first patient to whom the tincture was exhibited in an attack of acute rheumatism. In November 1811, after an exposure to cold when much heated, Mr. F. was attacked with pains in the larger joints of the upper and lower extremities, greatly aggravated by motion or warmth;

the knees and ankles were also affected with redness and swelling ; these symptoms were accompanied with fever, and had been of three days duration. In this state I directed him to take two-thirds of a bottle of the tincture, at eight o'clock in the evening. The pains in the joints continued with unabated severity, till twelve at night, when they began to abate, at which time also a profuse perspiration ensued, and continued several hours ; in the morning the patient experienced a slight nausea, which was succeeded, in the course of the day, by two copious evacuations from the bowels ; in the mean time all the symptoms of the complaint rapidly subsided ; and on the following morning, Mr. F. was perfectly recovered. This case was therefore very successfully completed in about thirty-six hours, after the first exhibition of the medicine.

## CASE XIV.

Mr. Pead, jun. of Darsham, was attacked, in the beginning of February 1812, with rheumatic pains in almost every joint, though most severe in the knees and ankles, accompanied with considerable swelling and redness. This complaint had been of five days duration, and was ushered in by cold shiverings, succeeded by fever. On the 7th, at two o'clock in the afternoon, half a bottle of the tincture was administered. In four hours the pains began to abate; in the evening a profuse perspiration took place, which continued all the night; on the morning of the 8th, the pains were entirely removed from the upper extremities, and were considerably abated in the knees and ankles; and the febrile symptoms were proportionably diminished; but the medicine had pro-

duced no sensible operation on the stomach or bowels, and the patient was directed to take the rest of the bottle in the evening. In the course of the following day, the 9th, the medicine operated several times on the bowels; and on the 10th, the patient was free from complaint. On the 12th, however, after an exposure to wet and cold, Mr. P. experienced a return of the rheumatic symptoms; but this attack was not so severe as the former, and speedily yielded to two similar doses of the medicine.

#### CASE XV.

Mr. B. Barthrop, late of Blaxhall, was attacked, in February 1813, with violent rheumatic pains in the elbows, wrists, and fingers; also with pains extremely severe in the knees and ankles, accompanied with extensive swelling and redness, and high symptomatic fever. These symptoms came on

after a long-continued exposure to wet and cold. Mr. B. suffered with a similar attack in September 1812, which confined him more than six weeks. The present attack had been of four days duration when he began with the tincture. Three doses, each consisting of half a bottle, were administered at regular intervals of forty-eight hours. The medicine operated freely on the bowels, and by perspiration, and in six days every vestige of the complaint had totally disappeared.

#### CASE XVI.

Mr. Girling, of Peasenhall, has been a great sufferer by attacks of the acute rheumatism from a very early period of life. These attacks have at various periods confined him for ten or twelve weeks together; the pains during that time frequently shifting from one joint to another; and often re-

curring in the joint or joints first affected. On the 14th of February, 1813, Mr. G. was attacked with symptoms of fever, succeeded by violent pain and inflammation in all the joints. On the 20th, I directed him to take two-thirds of a bottle of the tincture. The medicine occasioned during the night a gentle perspiration; in the morning the patient had several evacuations from the bowels; and the pain and every rheumatic symptom rapidly subsided. In the evening of the 21st, the pain returned in the knees and feet with great severity, and a similar dose of the medicine was exhibited. The operative effects of the second were similar to those of the first dose; and the pain and inflammation again subsided. On the 22d and 23d, except a slight pain in the left hand, the patient was altogether free from complaint; but on the 24th, he complained of pain in

the right foot, which was slightly swollen and red. The weather was at this time very wet and cold. I now directed him to take fifteen drops of the tincture every eight hours ; and on the 29th, the patient was perfectly free from rheumatic complaint. The pulse, which at the commencement of the attack was 120, was at this time reduced to its natural state. As, however, the patient complained of weakness in the joints and general debility, the effects of so severe an attack, he was recommended to take a dose of the peruvian bark three or four times a day, and this was continued until his general health and strength were completely restored. This case, though tedious, was successfully completed, in so far as the rheumatic symptoms were concerned, in nine days after the first exhibition of the medicine, which, under the usual mode of treat-

ment the patient had experienced on several former occasions, would probably have required more than as many weeks.

#### CASE XVII.

Mr. Godbould, of Bramfield, was attacked, in June 1813, with a severe rheumatic lumbago, accompanied with fever. For several nights he could take no rest, owing to the severity of the pain in the region of the loins, which was greatly aggravated by motion or warmth. In this state I directed him to take half a bottle of the tincture on going to bed. In less than three hours the patient experienced a considerable abatement of pain, after which he obtained several hours comfortable sleep ; in the morning the medicine operated gently on the bowels, and the pain had nearly left him. The rest of the bottle was exhibited in the evening, and on the following day the patient was

perfectly recovered from the attack. In July following, Mr. G. caught cold and experienced a severe return of the lumbago, but which was again subdued in the same easy manner, by two similar doses of the tincture.

#### CASE XVIII.

Mr. Potter, of Yoxford, aged 46, was attacked on the 19th of April, 1816, with a cold shivering, followed by the usual symptoms of fever, and with pains in his limbs. When I visited him he was in a most helpless state, with pains and swellings in every limb, and almost every joint. These symptoms were attended with a hard and frequent pulse, great heat of skin, a furred tongue, urgent thirst, high coloured urine, and a costive state of the bowels. About nine years since, the patient suffered under a similar attack for upwards of five months.

The present attack was occasioned by wet and cold. Having relieved the bowels by a gentle aperient, I directed the patient, on the 23d, to take half a bottle of the tincture. This dose produced no sensible effects on the stomach or bowels, and only a slight alleviation of the symptoms. The rest of the bottle was exhibited on the evening of the 24th. A copious perspiration followed, and some abatement took place in the rheumatic symptoms. A similar dose was exhibited on the evening of the 25th, and the disorder rapidly subsided. On the 26th, as some degree of pain and inflammation still remained, I directed the patient to take ten drops of the tincture, with a saline draught, every six hours, and on the 30th, he was perfectly free from the attack.

All inflammation being removed, the convalescence was most favourable. The peruvian bark was exhibited three times a day,

and a fourth part of a bottle of the tincture, every night at bed time. The parts previously affected were diligently rubbed with the hand, and afterwards covered with flannel. By this treatment the patient very soon recovered his usual health and spirits, and has not since experienced the slightest return of the disorder.

## COMMUNICATIONS.

No. I. Two years ago the author was honored with the following communication from Sir Patrick Blake, of Bury St. Edmunds, Bart. with his permission to make the whole or any part of it public.

“ Sir,                  *Bury, 2nd February, 1815.*

“ It is with pleasing satisfaction that I devote a hand to your service, which a fortnight ago refused its office. In consequence of the letter you obligingly addressed to

Mr. Chinery, I was determined to give your tincture a fair trial the first opportunity that offered. I was too much exhausted at the time you wrote, by the tedious sufferings I had endured, to venture on any experiment. About the 18th of January, I was afflicted by a very severe illness of a bilious kind, and a general obstruction, which threatened to be very serious, and which baffled all medical skill for two or three days, as no passage could be obtained, and I was tormented by incessant sickness and nausea for thirty-six hours; the repeated discharges from the stomach being frightful and very abundant. At last I found relief from the medicines and the several *lavements* which were made use of; I got ease and quiet after unabated sufferings; found myself as much recovered as I could expect; and flattered myself that I was becoming a convalescent.

“ To my astonishment, but according to the expectation and fears of Dr. Beales, who attended me, I was most suddenly attacked with a raging fit of the gout. So determined a fit I have not experienced for a long period of time, if ever; as, in general, my sufferings are protracted by an incessant gout of the dumb or feeble kind; attended with little or no inflammation of the parts affected. Most frequently I suffer dreadfully in my head, as I have done this time, but although I have endured the torments of this *Proteus-like* complaint in both hands and both feet, yet one hand was frightfully bad, as bad as can be well conceived; and the next day, or the day after, one foot and ankle were full as bad as the hand, the inflammation being excessive, such as to be termed *fine* and *wholesome* gout by the *cognoscenti*. Dr. Beales, Mr. Chinery, and myself, thought this the proper time for assailing the

enemy by the use of your all-powerful medicine, as your book had most justly described it. They administered to me the first night, which I think was the 23rd of January, half a bottle of the tincture, which had been procured from Mr. Gall. The effects during the night were wonderful. In less than two hours I fell into a refreshing sleep, and a profuse perspiration succeeded. When I awoke I could sensibly perceive that the virtues of the medicine were contending to subdue the subtile poison of envenomed gout, which had actually swollen the veins of the hands beyond all belief. Sleep succeeded slumber, and slumber sleep, during the whole night and part of the following day, till about twelve o'clock; and what with sleep, perspiration, and a wonderful relaxation from insufferable pain, my thoughts, partly incoherent, carried me to heaven. The effects of this first dose were

propitious beyond all expectation, and I was ordered to repeat the dose the next evening. This second dose reduced the hand and foot very much, but it did not produce the perspiration, or sleep, which the first had done. I must, however, add, that evacuations of the bowels were generally produced two or three times, and always once, from about twenty to twenty-four and thirty hours. Two more doses were ordered for me, which I took successively, after one day's interval, from the time of finishing the first bottle. They have certainly been of great use, or I could not in about two weeks be in that state of convalescence in which I now am, so as to be able to leave my room, and to attempt going down stairs this day."

Here Sir Patrick states some subsequent symptoms, under which his medical attendants had advised the exhibition of bark; and after noticing some dangerous effects

that ensued from taking *Husson's eau medicinale* about three years ago, which had nearly destroyed him, he again proceeds :—

“ I must state that the weather was very severe and most unfavourable during the operation of the medicine ; I must also add, that during the fit, the medicine allayed the violent irritation of the nerves wonderfully ; and I must conclude by fairly acknowledging, that without the aid of this medicine, I could not possibly have been in the convalescent state I now am, after so severe a fit, in two months at least, if not three, instead of two weeks. Mr. Chinery computed three or four months before I could recover from such an attack.

“ I must now plead my apology, Sir, for tiring out the patience, and wasting the valuable time of a gentleman, who by his researches and knowledge has done so much honor to the profession, as well as service to

the whole world. The request contained in your book must acquit me of obtruding my case on your attention with any appearance of indelicacy; and although I have not the honor of being known to the liberal and benevolent character I am now addressing, yet I hope some fortuitous visit at Bury may enable me to return you my thanks, and to assure you personally of the esteem with which I have the honor to be, Sir,\*

“ Your most obedient humble servant,  
“ PATRICK BLAKE.”

The author has lately had the honor of receiving a letter from Sir Patrick Blake, dated Bury, February 4th, 1817, in which he professes to retain the same favourable opinion of the tincture as has been expressed in the above communication.

\* The latter paragraphs of this letter might and would have been omitted, but that they shew that Dr. W. was at

No. II. *Extract of a Letter from Mr. Gall,  
Chemist and Druggist, Bury St. Edmunds,  
Suffolk, dated August 11, 1815.*

" SIR,

" It is with great satisfaction I am enabled to inform you, how highly approved your medicine is in this neighbourhood. I have recommended it to a great many; and I believe I may say, it has invariably had the desired effect. A Mr. Morgan, of Gedding, called upon me on Wednesday last, likewise Mr. Brown, of Bradfield, and requested me to inform you how highly satisfied they are with its effects; each of them was relieved from very violent pain in three or four hours. Captain Garnham wished

the time totally unknown to Sir P. Blake; and consequently could have had no opportunity of personally recommending the tincture, the application of which appears to have been suggested by the two very highly respectable medical attendants mentioned in the letter.

me likewise to say how useful it had been to him.

“I am, &c.

“ABRAHAM GALL.”

No. III. *Copy of a Letter from Mr. R. Craske, Bookseller, Stamford, Lincolnshire, dated November 5, 1815.*

“SIR,

“Some few bottles of your invaluable gout medicine having reached this town, a friend of mine, a respectable tradesman, tried its effects, and found it to surpass his most sanguine hopes. He has suffered most severely for many years past with that dreadful disorder, the gout; and has tried every medicine of repute, but none ever afforded him the relief that yours has done. He is again much afflicted with the same disorder, and has tried repeatedly to procure a bottle of your medicine, but without success. It is

at his earnest desire that I now request you to forward me a supply, that I may not only supply him, but his numerous friends to whom he has recommended it, and who have been unsuccessful in procuring a single bottle.

“I am, &c.

“R. CRASKE.”

No. IV. *Communications from John Hawkes,  
Esq. Okehampton, Devon.*

“SIR,

“Having been very much afflicted with the gout for upwards of twenty years, I have, as might be supposed, taken medicine of all sorts; and within the last four or five years, at least thirty bottles of the eau medicinale, which, in general, had the effect of removing the fit. Upon seeing your treatise and tincture advertised, I immediately wrote to London, and had the treatise and several

of the bottles sent to me at Okehampton, in Devonshire, where I reside. This was about eight or nine months since, and I have constantly taken it upon having a fit, or finding one coming on, and which has invariably left me in two or three days, but not with lassitude and debility as I generally experienced after taking the French medicine. I shall, therefore, pursue the use of your medicine. I have recommended it to many of my friends, who are now in the habit of constantly taking it both in gout and rheumatism.

“ From having had so many fits of the gout, (some of which, before I took the French medicine, had confined me to bed for two months, and two or three for upwards of three months, not being able to move or turn myself in bed without assistance,) the joints of my knees and the lower part of my back are become so weak as

almost to prevent me from walking ; or, at least, not without the greatest difficulty, attended with stiffness and pain ; though when I am in bed or sitting, I am entirely free from uneasiness.

“ As it is my intention to continue taking your tincture, (finding myself so much better for having done so,) I have some thoughts of taking it weekly, and when I have not the gout upon me, unless you should think it would be improper. Since taking your medicine my appetite is much better, and I certainly have acquired much strength ; and were it not for the stiffness in my knees, and weakness across my back, I should be able to walk as well as I ever could. I have been thus crippled about three years.

“ If you will do me the favor to give me a few lines in answer to this, with any di-

rections that may occur to you, necessary for me to pursue, in taking your tincture, I shall feel particularly obliged. I have met some friends here who have mentioned Dr. Drummond's having received great benefit from your tincture. I shall remain here about a week longer, and then return to Okehampton, where your favor will find me.

“I am, with great respect, &c.

“JOHN HAWKES.”

*White Friars Wharf, next the Temple,  
London, Dec. 6, 1815.*

In reply to this letter I directed, that as a preventive medicine, from a quarter to half a bottle should be taken weekly, in two or more doses, provided that at the same time proper attention were paid to diet and regimen, and especially to caution against

cold. The next communication from this gentleman will speak for itself.

“ SIR,

“ Upon my return from London to this place I caught a violent cold, and had the gout very severely in my right knee and foot. I immediately took the usual quantity of your tincture, and very soon got rid of it. I have ever since taken about twenty-five drops of it weekly, and have not had the gout two hours since at any one time; my general health is much better, and I am getting corpulent.

“ All the gouty persons in this town and neighbourhood make use of your tincture, and they have all experienced the greatest benefit, not only getting rid of the fit, but in some instances having had no return, although the persons have never been confined, for

several years, less than five or six months in the year. One gentleman had his right knee so much swollen that he never expected to be able to walk again ; but by taking your tincture the swelling very soon subsided, and he is now able to walk as well as ever. One of the surgeons in this town, who is very gouty, has taken it with the greatest success.

“ I have recommended the tincture to every gouty person that I have seen in London, Somersetshire, Exeter, Launceston, and particularly in this town and neighbourhood ; and every person that has taken it speaks in the highest terms of it. I shall at any time be glad to answer any enquiries that may be made to me from any person respecting it.

“ I cannot conclude this account without returning you my sincere thanks for your

very handsome letter, and for your trouble in sending me the medicine. I am convinced, if your tincture were generally known and tried in this kingdom, there would not be any persons crippled by the gout. I am certain that I walk much better than I did last year.

“I remain, Sir,

“With the highest respect, &c.

“JOHN HAWKES.”

*Okehampton, May 8, 1816.*

“P.S. I have given your medicine a fair trial as an alterative, having taken the drops weekly for near four months, and have, I may justly say, been nearly free from gout, which has not been the case for the last twenty years before.”

During the interval, however, between the date of this letter and the 17th of December, when the author last heard from Mr.

Hawkes, he had experienced several attacks of the gout, but they all had invariably yielded to the tincture.

No. V. *Copy of a Letter from Tho. Rasor, Esq. Billingbro', dated June 15, 1816.*

“ SIR,

“ I should be obliged to you to send me four dozen of your gout tincture. I have taken more than 300 bottles of the eau medicinale; these late years about 60 in a year; and suppose by the long-continued use of it, that it has in some measure lost its effect. I had a dozen of your tincture some time since, and found it answer exceedingly well, though perhaps I am one of the most gouty persons who may have taken it, having had the disorder upwards of forty years.

“ I am, &c.

“ THOMAS RASOR.”

No. VI. *Copy of a Letter from D. M<sup>c</sup>Kintosh, Esq. of Forfar, in Scotland, dated June 17, 1816.*

“ SIR,

“ I have been subject to the gout for these three years past. My age 50, twenty of which I have passed in the East Indies. In May and June last year I was confined to the house for two months, with my feet much inflamed and swollen, and with great pain. I commenced with the eau medicinale, and got better from taking seven bottles; but for six months after I was so much reduced that I could hardly walk, and it was a long time before I got better of the effects of that medicine.

About six weeks ago I was attacked violently in the left foot with great pain and inflammation. I was recommended by a friend (who had experienced the good ef-

fects of it,) to make a trial of your tincture. I sent to London for twelve bottles and your book. I have taken four bottles, and am now better than I had been for three years past, and not in the least debilitated from the effects of your medicine, as I was after taking the eau medicinale. I can now walk a mile or two with great ease, and ride on horseback for two or three hours. I beg leave to observe, that I made but little alteration in my diet after the first three days; at all times living temperately and sparingly as to animal food, and never have exceeded two or three glasses of wine at dinner, and take no malt liquor nor any butter. For the last year I have taken no wine, but a small glass of spirits, largely diluted with warm water, finding it to agree with me better than the wine. I am now, thank God, restored to my former good health, and I may say from the effects of your valuable tinc-

ture, which I shall continue to take for some time agreeable to your directions. At this present moment I have not the least appearance of gout, only a stiffness in the joints of the great toes.

“I am, &c.

“D. M<sup>c</sup> KENTOSH.”

No. VII. *Copy of a Letter from Mr. William Finch, St. Andrew's Hill, Norwich, dated November 3, 1816.*

“SIR,

“Being a very gouty subject, I have for the last three years taken your tincture whenever I have been attacked with the gout, and, I am happy to say, always with success; and certainly experience an amendment in my health, though it had suffered much by severe attacks, previous to being made acquainted with your medicine. The day after taking it I invariably find my head

much lighter and clearer, and the joints of my hands and feet considerably more at liberty. I took ten drops of the tincture three times a day the greater part of last summer, as an alterative, and found that it tended powerfully to keep off the gout, as well as to procure me an appetite. Mr. Markland speaks of your medicine in the warmest terms, and says that it always gives him an appetite. I rejoice you have made so valuable a discovery, and hope that you may live to experience a suitable return.

“I am, &c.

“WILLIAM FINCH.”

No. VIII. *Copy of a Letter from Mr. W. Postans, of Shelly, dated November 25, 1816.*

“SIR,

“Being troubled with an hereditary gout, which seldom leaves me entirely, and hav-

ing in general severe fits once or twice a year, I have been induced, by the recommendation of the Rev. Dr. Drummond, (who very kindly lent me your pamphlet on the gout,) to try your tincture. But having before been a little alarmed by taking the French medicine, I began yours by taking only a third of a bottle, which gave me but little relief; I therefore repeated the dose, which relieved me. In its operation, the following morning, it brought on a slight nausea, and afterwards purged strongly. In the next attack I took rather more, which gave me ease in about eight hours, and the next day I was able to ride out. In the third fit, which was very violent, and was coming on for several days in my hand and arm, I took half a bottle, which soon eased my pain ; it afterwards made me very sick, and operated powerfully on my bowels. None of the doses ever caused the least perspira-

tion, but I have thought my skin unusually dry. I am about fifty-three years of age, and live a regular life. My beverage is mild beer, which agrees with me very well; and I seldom drink any wine, as it generally heats me too much.

“I am, &c.

“W. POSTANS.”

No. IX. *Extract of a Letter from Col. B. Harris, of Colchester, dated 7th December, 1816.*

“DEAR SIR,

“For many years past I have been laid up at this season with the attacks of gout, which always induced a state of most deplorable debility, from which I never completely recovered; and fit succeeding fit, reduced me to the very helpless state in which you found me last summer. I am now (since using your tincture as an alterative) more free

from the gout than ever I have been, at this time of the year, since my return from India, and on the whole I can with truth affirm that I have derived the greatest benefit from your invaluable medicine.

“I am, &c.

“B. HARRIS.”

No. X. *Extracts and Notices of Communications from the Rev. Henry Arnold.*

The first letter which I received from Mr. A. bears date July 11, 1815, and is chiefly important to our present purpose, on account of some particulars it mentions as to the state of his constitution.

“I am now,” he observes, “56 years of age, a clergyman of the church of England, of healthy parents, broad chest, stout and athletic make. I have been subject to violent attacks of regular gout, of the severest kind, for more than twenty years. I had

previous to these attacks, always lived well, but not luxuriously, using constantly strong exercise. It is now twelve years since I have been able to stand on my feet, the joints of my knees and ankles being entirely locked up, and I can only be moved in a wheel chair, or on men's arms. I have never had many or long holidays from the gout. I have taken, I suppose, forty bottles of eau medicinale ; at first, with the greatest success ; then, with temporary success ; and at last, with consequences of a threatening nature. It destroyed all appetite for nearly a fortnight at a time, and felt like a heavy weight at the bottom of the stomach, violently distending it." After describing the violent effects of a mercurial pill, Mr. A. relates, that in May 1815, the gout having begun to attack his hands, he had recourse to the tincture. "I took," he says, "rather more than a third of a bottle of the tincture ;

the next night a similar quantity, each attended by two considerable motions and subsequent perspiration. The gouty symptoms gave way, and I was perfectly at ease."

The next letter I received bears date, Bath, October 7, 1815, and was written by Mrs. Arnold, on account of Mr. A.'s great indisposition. As some parts of this letter are particularly important, as connected with the use of the medicine, in a case where I had feared to recommend it, I shall give them in her own words. "With much pain of mind I inform you, that I think the sea air materially disagreed with Mr. A.; and but for the assistance of your valuable tincture he seldom would have been out of his bed. He has had a lingering gout for some weeks, but within these ten days he has been very severely attacked in his head. At first he complained of great pressure on the top

of the head, which was succeeded by violent pain. He was blistered on the back of the neck, high up towards the head. This for a few days relieved the pain, but it again returned. A second blister was then applied behind the ear, and that not succeeding entirely, twelve leeches were applied to his temples, and the feet were fomented. These applications have so far been of use as to bring the gout into one knee and thigh. The stomach was also much affected, but not so that we might absolutely call it *gout in the stomach*. I must here observe, that Mr. A. is so dreadfully nervous, that he cannot bear to be touched, and scarcely to be spoken to, while his head and stomach are affected. In the beginning of this illness he took your tincture, in doses of twenty or thirty drops, with the happiest effect."

In the remainder of the letter, Mrs. A. describes Mr. Arnold's temperate habits; re-

quests direction as to the use of the tincture in his circumstances ; and very feelingly and properly deprecates every dangerous experiment.

My answer to this letter of Mrs. Arnold was in conformity to a principle by which I hope ever to be governed, that of never sacrificing the safety of a patient for the purpose of advancing my own personal interests. I shall give it verbatim.

MADAM,            *Yoxford, October 11, 1815.*

I beg to express my sincere regret at Mr. Arnold's indisposition. The tincture, though so eminently useful in the regular gout, affords no relief in disorders of the head, or any of the internal viscera, to which many gouty persons, who have suffered severely from long and repeated attacks, become particularly liable towards the decline of life. At least, I have no experience of its powers

in such cases. When, in gouty habits, the head is attacked with pain, giddiness, and other unpleasant sensations, the same treatment should be employed in such cases as is practised in similar disorders occurring under any other circumstances. The means usually resorted to are venesection, leeches applied to the temples, cupping, blisters upon or near the affected parts, cooling aperients, antispasmodics, &c. I pledge myself for the truth of every thing I have asserted concerning the tincture; and that it has none of those dangerous or deleterious properties which have been ascribed to some other popular remedies for the gout; but, like all other active and powerful medicines, it requires to be used with prudent caution. At the time of life to which Mr. Arnold is arrived, a small quantity of wine, and a more generous diet than what he has of late been accustomed to, are certainly proper. My

best wishes attend him, and as I feel highly interested in his welfare, a line from you, or from him, in the course of a few days, will greatly oblige, Madam,

Your very obedient

And humble servant,

CHARLES WILSON.

The next communication which I received was from Mr. Arnold himself, and is dated Bath, October 25, 1815. After relating some temporary benefit which he had received from taking a small quantity of rum and water, he proceeds thus. "I took thirty drops of your tincture; in five hours my head was much relieved, and the muscular contractions began to give way. In forty-eight hours I took twenty-five more, when a relief without pain took place thrice in the bowels; a gentle perspiration followed, and I became generally much better. I found

some gout taking place in my left shoulder ; I took twenty drops in the night ; an involuntary shaking affected that large joint, but entirely without pain, and the gouty symptoms in the shoulder went off. I now became convalescent, so much so that at the end of ten days I was wheeled into the dining room." Mr. A. then mentions a rheumatic pain in the sciatic nerve of the left thigh, and intimates his intention of trying the tincture in this case. He then observes, " my head continues quite free, and as I had manifestly great relief in that part, which I attribute solely to your excellent medicine, I have been diffuse in my statement, in order that other patients similarly afflicted may safely take it, and I hope with the like success. How it may act in attacks on the stomach, I cannot venture to say ; but I wish I could hear of its being fairly tried. In any future edition of your

pamphlet you are perfectly at liberty to state as much of this letter as you think proper. Mrs. A. and my family, (a son and daughter grown up,) though unknown, beg to offer kind regards, and

“ I am, dear Sir,  
 “ Your very much obliged  
 “ And humble servant,  
 “ HENRY ARNOLD.”

*Darlington Place, Bath,*  
 “ DEAR SIR,                    May 6, 1816.

“ Being under an engagement to give you an exact account of my case, and feeling truly grateful for your kind advice and directions, I now beg to inform you, that I have passed (as usual) through a long winter of repeated gouty attacks, all and each of which has been met by your medicine, and gloriously driven from the field. Long standing as my case has been, I make not the least doubt but that, if I had not

had such a powerful friend at hand, I should have experienced my former distressing sensations, and a subsequent debility, producing a helplessness truly deplorable.

"I have had recourse to your tincture eight or ten times at least, and with never-failing success. Since my last communication I blistered my right hand for a pain, which seemed to dwell there too long; in two days after, the agony was transferred to my head, during the second night. Early in the morning I had recourse to the tincture, and in three hours the pain was gone: should it return either there or to any other part, I shall not suffer such long intervals to take place between the attack and the remedy. But I must frankly own to you, Sir, that I have been too timid in the use of the tincture; yet I trust some allowance will be made, when I state that I was at the point of death by Kinglake's cold water sys-

tem; and since then, in a situation nearly as desperate, by taking the eau medicinale, which brought on a torpor in the stomach of a week's duration. On Lady-day, the 25th of March ult. we removed from the South Parade to this place: the weather was dreadfully cold, and I had not been out for the whole winter. I took a sad cold, and felt myself under an universal chill; in the night a grievous pain took place in my stomach; I tried the old gout cordial, as prescribed by Mead and Warner, without effect. My medical friend sent a box of aperient pills, but I found no permanent relief till I had again recourse to the tincture, which was as successful as heretofore. Not long ago I was visited by an old and most particular friend, certainly one of the first surgeons in this part of the kingdom. When we consulted him on the subject of the tincture, he made the following sensible

observation: "I know nothing of the component parts of the tincture; we can only judge of a medicine by its effects. If it has been successful with my friend Arnold, I would advise him to take it again."

"I learn from a friend that you intend to send forth another edition of the pamphlet. I rejoice at this, and hope it will be the cause of making the tincture more extensively useful. I beg to mention, that through my recommendation numerous bottles have been had from Weymouth, it not being to be had here. I now find it is again gaining ground in this place, memorable for gouty patients. I attribute its tardy progress to the discovery treading so closely on the heels of the eau medicinale, which certainly failed, or did harm in many instances. At my earnest entreaty, a gentleman, much older than myself, and equally invalidated by the gout, has very

lately been prevailed on to take the tincture in a sharp attack; it has operated on him so favourably, that he is now perfectly free from pain, and in high spirits, and as loud as myself in the praises of your medicine. This is Mr. Meyler, sen. proprietor and editor of the Bath Herald, a most respectable and honourable man, and no ordinary writer and poet; he is also a bookseller of eminence, and vends public medicines, and having, I may say, a universal acquaintance in these parts, and himself experiencing the good effects of the tincture, it is my most earnest request that you will appoint Messrs. Meyler and son venders of the tincture and pamphlet. Your advantage and that of the public will both be forwarded by this step, therefore pray dispatch them directly.

“Mr. Meyler has conversed with the Hon. and Rev. Mr. Strangways, who, I find, has

received great and permanent benefit from your medicine. Mrs. A. joins in kind regards with

" Dear Sir,

“Your much obliged and faithful servant,

## "HENRY ARNOLD."

The following extracts from a letter, which I received from Mr. Meyler, of Bath, may be regarded as supplementary to the preceding communications of Mr. Arnold.

"SIR,

Bath, Sept. 12, 1816.

"I have this summer had so little of the gout to complain of, that I have little to say, of my own experience, of the effects of the tincture; but in a journey I lately took in this county, I met with two cases where it had been taken with considerable relief to the patients. One was at Shepton Mallet, the other at Evercreech; and both were of those pernicious occupations, plumbers and

glaziers, and were gratuitously supplied with a bottle each of the tincture by Capt. Church, of that neighbourhood. They experienced immediate, and as the former informed me, almost miraculous effects. I have not seen, on account of my absence from home, my friend the Rev. Mr. Arnold, these three or four weeks, but I learn that he continues to take the tincture with success,

“I remain, Sir,

“Your obedient servant,

“WILLIAM MEYLER.”

No. XI. *Extracts of a Letter from the Hon.  
and Rev. C. Strangways.*

“SIR, Maiden Newton, Nov. 2, 1816.

“Since I wrote my last letter to you, I have had a very severe attack of the gout, which was cured immediately by taking half a bottle of your tincture. As there was

nothing particularly worth mentioning, except the rapidity of my recovery, I forbear describing the circumstances attending it.

“ I remain, Sir,

“ Your obliged humble servant,

“ C. STRANGWAYS.”

“ P.S. I took half a bottle of your tincture on the night of the 31st of March; all pain was gone before the morning; I was out in three days, and have had no return since.

No. XII. *Extract of a Letter from Thomas Clement, Esq. Alton, Hants.*

“ SIR,

“ I am much annoyed by fits of the gout, which were formerly of long continuance. I have known the eau medicinale d’Husson five or six years. It has always relieved me, and made the paroxysms very short, but they have returned again on any new excitement by cold, over exercise, &c. I am 60 years of

age, and have had the gout 30 years. Husson has relieved the pain and inflammation, but my nerves have been affected by lowness and depression of spirits after the fit has left me. Lord Stawell recommended your medicine—he gave me a bottle—I found great benefit. Composure of the nerves; perspiration; quiet sleep; awoke refreshed; perspiration continued all night, next day, and the next night; then I was apparently well, and my spirits good.

“I am, &c.

“THOMAS CLEMENT.”

*Alton, Hants, February 3, 1817.*

In addition to the preceding cases and communications, the author is acquainted with a multitude of others, which he has not communicated, as they might be thought to swell this treatise without necessity. He

has, however, three remarks to make on those which are here submitted to the public attention.

1. The cases are not collected from distant places, the happy exceptions to a general system of failure ; but they have all occurred in a very narrow tract of country ; within the range of the author's own practice ; the patients are personally known to each other, and have frequent opportunities of conversing together on the state of their health since using the tincture ; and of detecting every unfavourable symptom, if any could be discovered as consequent on their use of it.

2. In some of the cases it will appear, that much larger doses of the medicine were exhibited than have since been found necessary, and yet not the slightest dangerous effect has ensued : a clear proof that, within

the prescribed limits, no rational fear can exist against the use of the remedy in those cases to which it has been found applicable.

3. In some of the communications it appears, that arthritic invalids have had that full conviction, both of the safety and efficacy of the medicine, that they have extended its application to cases in which the author himself was not sanguine enough to prescribe it; and that, in some instances, this has been attended with the happiest results. Hence, the discovery of the efficacy of the tincture, as an alterative, in atonic gout; and, under cautious management, in, at least, some cases of the retrocedent variety. On the whole, there is some reason to believe, that we are far from having ascertained the full extent of the benefit to be derived from this invaluable remedy; and the author will there-

fore regard himself as obliged to any gentleman who will communicate, especially with the permission to publish, accounts of the operations and effects of the tincture in the several forms of gout or rheumatism, or in any other disorder in which it may be found efficacious. Such communications may be addressed to Dr. Wilson, Yoxford, Suffolk.

**FINIS.**

## ADDITIONAL APPENDIX.

*MAY 1st, 1818.*

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A SERIES of numerous experiments have afforded to Dr. Wilson the most ample proof that the popular medicines for the gout are three:—the Colchicum **Autumnale**, the **Eau Medicinale**, and his own **Tincture**.

Of the **COLCHICUM** he has already published his opinion in his Treatise on Gout and Rheumatism, and he has no disposition to controvert the assertions of Mr. Want, as to the deleterious qualities of that drug. He cannot, however, forbear expressing his wonder, that Mr. Want, while he thus condemns the **Colchicum**, should, in fact, recommend its indiscriminate use, by placing a preparation, of which it is the basis, in the hands of every vender of medicines.

The EAU MEDICINALE, though bearing, in many of its properties, a close affinity to Mr. Want's formula for preparing it, is yet essentially different in its active ingredient. Dr. Wilson feels himself competent to make this assertion, having discovered the true nature and composition of the Eau Medicinale, as early as August 1811, (two years and eleven months before Mr. Want announced his *supposed* discovery of it,) and submitted the results of his experiments, in the course of the ensuing year, to Sir Joseph Banks, Dr. Jones, Dr. Currie, and to the Professors of Botany, Medicine, and Therapeutics, in the University of Edinburgh, who all agreed in the reality of the discovery.

Dr. WILSON'S TINCTURE was discovered more than two years anterior to Mr. Want's publication, and is essentially different from either of the former preparations. Dr. Wilson was induced to employ it in his practice, from the various evil consequences which have been stated to result from the exhibition of the Eau Medicinale. His own immediate observation, and the information

he has derived from a most extensive correspondence, have combined to convince him of the immense advantages resulting from the Tincture, as scarcely any instances have occurred in which it has failed of its effects, and none in which it has been attended with deleterious consequences, when administered agreeably to the prescribed directions.

The following RULES for the treatment of the paroxysm of gout, are a considerable improvement upon the former directions; varying from them, chiefly, in the adoption of a more active purgative treatment, and a consequent reduction in the respective doses of the Tincture; thus producing, in persons of the most delicate constitution, the desired effects, generally without nausea to the stomach, or the least unpleasant operation.

#### TREATMENT OF THE PAROXYSM OF GOUT.

As a general rule, admitting of no exception, a costive state of the bowels must be removed by an active purgative, previously to the administration of the Tincture; and

with this view, Epsom salts, with infusion of senna, or a dose of calomel at bed time, followed by Epsom salts and infusion of senna, in the morning, produce the best effects.

The TINCTURE commonly operates as a cathartic, a diuretic, and a sudorific ; and these evacuations, being salutary, ought to be encouraged by frequent draughts of warm diluting fluid, as water gruel, barley water, tea, weak ginger tea, &c. Acidulated drinks, being generally hurtful to the gouty constitution, should be avoided, even in the paroxysm. The patient must also avoid the extraordinary use of flannel, heavy bed clothes, heated apartments, and every circumstance with regard to the quantity or quality of food and drink, which can produce hurtful excitement. The diet should consist of weak broths, arrow-root, sago, gruel, or other liquid mucilaginous substances. On the few occasions which will admit of the use of wine in the paroxysm, as when the tone of the stomach is very weak, it should always be mixed with some of the mucilaginous articles of diet above mentioned, agreeably to the taste of the patient.

In all general cases, when the paroxysm is severe, and the constitution not much impaired, the proper dose of the Tincture is 60 DROPS, or from 30 to 40 MINIMS; to be taken in a small quantity of water, peppermint-water, ginger tea, or infusion of cloves; and as the quiet of a recumbent posture is favorable to the operation of this medicine, the most desirable time for taking it is at night, going to bed, on an empty stomach, or at least three or four hours after the last meal, which should be light and of easy digestion.

Females, and persons of delicate constitutions, may take 40 DROPS, or from 20 to 30 MINIMS, for a dose.

And persons very young, aged, or infirm, may take 20 DROPS, or from 10 to 20 MINIMS, for a dose.

If the dose, in any case, excite vomiting or nausea, it must be diminished, according to circumstances.

In a few hours after taking the Tincture the patient usually experiences some abatement of pain, and generally falls into a com-

fortable sleep. Bilious evacuations commonly follow in the morning: and as it has been proved, by ample experience, that the successful operation of the medicine mainly depends upon a free action being excited on the bowels, it will be generally proper to promote this operation, in twelve hours after taking the Tincture, by small and repeated doses of Epsom salts, or any suitable cooling purgative. The following is peculiarly adapted for this purpose.

#### PURGATIVE MIXTURE.

*Take of Magnesia, four scruples—Epsom Salts, six drams—Sugar, two drams—Peppermint, or any Distilled Water, six ounces—mix.—A fourth part to be taken every two, three, or four hours, till several brisk evacuations are procured.*

In the several cases above mentioned, the Tincture must be repeated each night, or each other night, in the same or somewhat smaller doses, according to the urgency of the symptoms, and the effects of the remedy,

repeating after each exhibition of the Tincture, at the prescribed intervals, the PURGATIVE MIXTURE, *so long as the morning urine, on cooling, deposits sediment; or, until all inflammation is removed, the tongue becomes clean and moist, and the fæces and urine acquire a natural appearance.*

#### PREVENTIVE TREATMENT.

As a rule of practice, the importance of which cannot be too highly appreciated, in those cases, especially, in which the constitution has been much under the influence of gout, the Tincture should be continued, in small doses, as an alterative, and the bowels kept in a state of *gentle* relaxation, for some days after every subdued attack, in order to complete the cure, and prevent a relapse. The proper dose of the Tincture, when administered as an alterative, is 10 DROPS, or from 5 to 10 MINIMS: and, with the view of exciting healthy secretions and a gentle action on the bowels, it has been found peculiarly useful to administer it, at intervals of twenty-four hours, with the following

**DIURETIC PURGATIVE PILL.**

*Take of the Compound Extract of Colocynth, Quicksilver Pill, each, two scruples—Gamboge in powder, Antimonial Powder, each, ten grains—Oil of Cloves, six drops. To be made into twenty equal pills, one or two to be taken for a dose, according to circumstances.*

If, after the employment of the above remedies for the prevention of the gout, the secretions continue to assume a vitiated appearance, as indicated by the state of the tongue, the fæces, and the urine, small unirritating doses of the Pilula Hydrargyri, or Blue Pill, or the Compound Calomel Pill, should be administered every other night, with alternate doses of the Tincture, as an alterative, for some days, until the secretions acquire a healthy character.

And lastly, when any sensations are experienced which threaten a return of the paroxysm, recourse ought immediately to be had to the Tincture. A single full dose,

administered before the expected fit, will often prevent its recurrence ; and the same effect may be produced by smaller doses, administered several successive nights.

**REGIMEN.**—The patient in a state of convalescence, must observe a strict temperance in diet, and in the use of fermented liquors. Animal food should be taken but once a day, and not more than three or four glasses of wine, of the least acescent quality, after dinner. Acids and acescents should always be carefully avoided. Costiveness must be attentively obviated, by the occasional use of a suitable aperient, and perhaps none is more convenient, or better adapted for this purpose, than the **DIURETIC PURGATIVE PILL** above prescribed. The joints, which are often excessively weakened by the previous paroxysm, should be sponged every morning with water, in which salt is dissolved to the point of saturation, rendered agreeably warm, and the skin being wiped carefully dry, should be diligently rubbed with the hand, or the flesh brush, until a comfortable glow is produced. When the energy of the parts is very defective, as indi-

cated by œdematosus swelling, or great loss of power in the limbs, a warm STIMULATING LINIMENT, composed of the "COMPOUND LINIMENT OF CAMPHOR, and COMPOUND LINIMENT OF SOAP, IN EQUAL PROPORTIONS," may be applied with a like diligent friction, and the parts afterwards bound with a flannel or calico roller, adapted to the season. Flannel should be worn next to the skin, especially in the cold months of autumn, winter, and spring, and the feet kept comfortably warm and dry. But the principal prophylactic of the gout is EXERCISE, in the open air, of a degree or kind adapted to the strength, and regularly pursued; yet nothing is of more absolute importance in the prevention of the gout, than attentively to avoid IMPRUDENT EXPOSURE TO WET AND COLD.

The patient may rest fully assured that the cure of the paroxysm, by the combined mode of treatment above proposed, will never be attended with any of those calamitous effects which have been ascribed to the Eau Medicinale, and other advertised reme-

dies for the gout, nor will it have any tendency to induce an earlier return of the paroxysm, but quite the reverse. If the patient, presuming upon his convalescence, should take too early an advantage of it, and neglect the rules which are suggested for his conduct towards a perfect recovery, this is not a fair impeachment of the propriety of the past treatment.

*Treatment of Inflammatory Rheumatism, &c.*

The inflammatory rheumatism is particularly distinguished by acute and pungent pains in one or more of the *larger* joints, with swelling, soreness to the touch, and sometimes redness of the skin. When several joints are affected at the same time, or in quick succession, the disorder being then always attended with fever, is termed **RHEUMATIC FEVER**, and when complicated with gout, takes the name of **RHEUMATIC GOUT**. In these several cases the Tincture is a sovereign remedy.

If the patient be of a full or plethoric habit, and the inflammatory disposition of the disease strongly marked, a few ounces

of blood may with advantage be taken from the arm, at the commencement of the attack, but in every other respect the disorder must be treated in the same manner as has already been recommended for the cure and prevention of the gout.

## Dr. WILSON's TINCTURE

*Is appointed to be sold, WHOLESALE and RETAIL,  
by Messrs. SUTTON & Co. No. 10, Bow  
Churchyard;*

And may also be obtained, RETAIL, of *Mr. Sanger*, 150, Oxford Street; at the Chemical and Medical Hall, 171, Piccadilly; of *Tutt & Bolton*, adjoining the Royal Exchange Gates; *Evans & Son*, 42, Long Lane, West Smithfield; *Butler & Sons*, 4; Cheapside; *Newbery & Sons*, 45, St. Paul's Churchyard; *Ward*, Medicinal Warehouse, 324, Holborn; *Godfrey and Windus*, 61, Bishopsgate Street without; *Johnston*, 15, Greek Street, Soho; and *Barclay and Sons*, 95, Fleet Market, LONDON;

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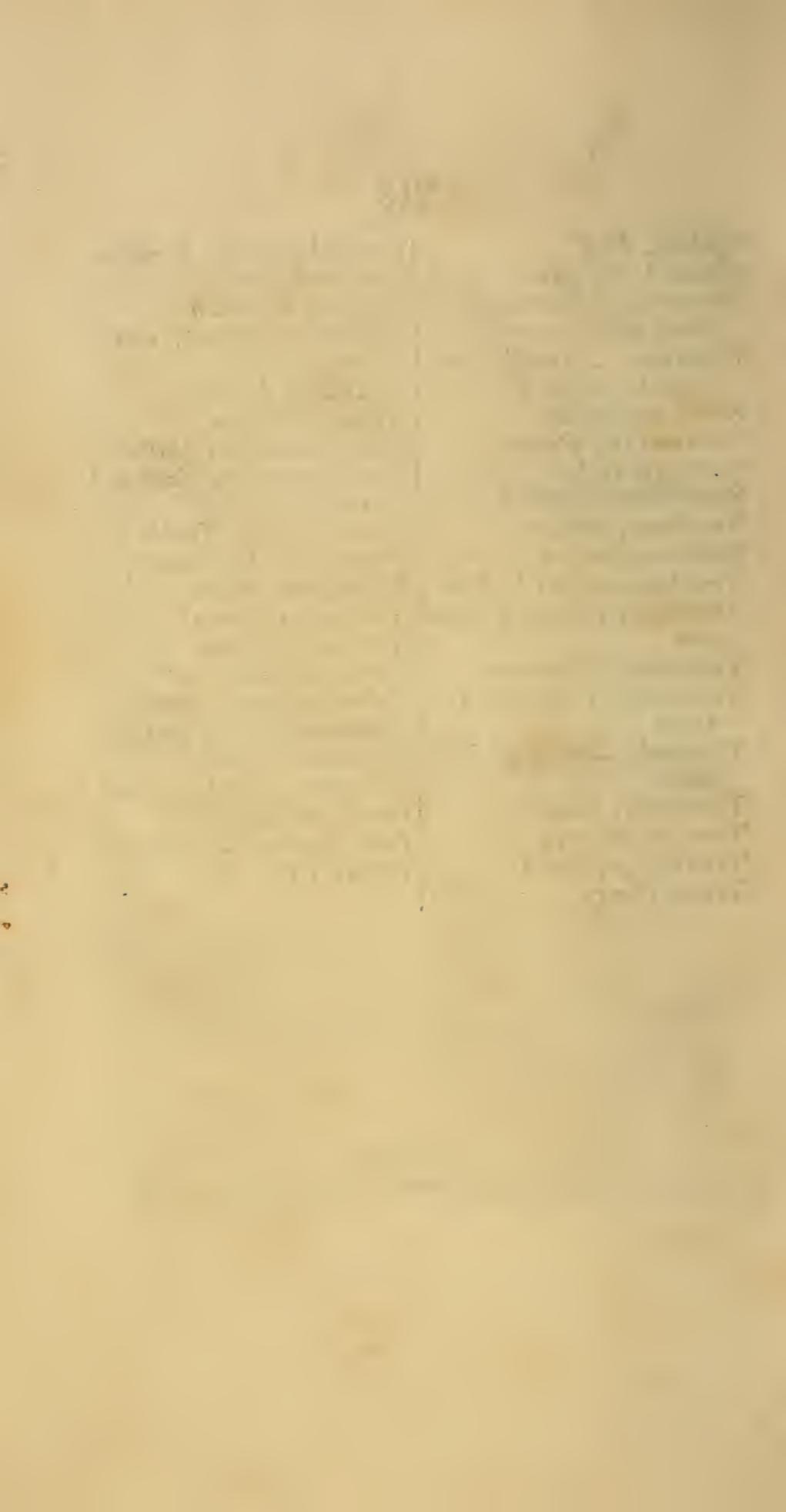
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